

Ignited Mind Better Tomorrow

*Pragati*



Charutar Vidya Mandal's

**S.M.PATEL COLLEGE OF HOME SCIENCE**

NAAC ACCREDITED 'A' • CPE- PHASE-II

Vallabh Vidyanagar - 388 120.

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# S. M. PATEL COLLEGE OF HOME SCIENCE

NAAC REACCREDITED 'A'

## COLLEGE STAFF - 2016-2017



**1<sup>st</sup> Row (L to R) :-** Dr. Yogesh Vadwala, Dr. Nidhi Gupta, Ms. Sushma Batra, Ms. Alpana Shah, Dr. Devika Thakker,

Dr. Bhavana Chauhan (Incharge Principal), Dr. Sharda Joshi, Ms. Kalpana Srivastava, Shri I.R.Vahora

**2<sup>nd</sup> Row (L to R) :-** Mr. Ranjeet Bhagora, Mr. Ishwar Patel, Ms. Trusha Lad, Ms. Tanvi Makwana, Dr. Mittal Barot,

Ms. Minal Chauhan, Ms. Daxa Sharma, Ms. Vijaya Agarwal, Ms. Padmaja Puppala, Ms. Shazia Sharma,

Mr. Harshad Patel, Shri S.K.Malek

# Pragati 2016-17



## CHIEF EDITOR

Dr. Bhavana Chauhan  
I/c. Principal

## EDITORIAL BOARD

Dr. Sharda Joshi  
Ms. Shazia Sharma

## MAGAZINE SECRETARY

Ms. Shubhangi Verma



Charutar Vidya Mandal's

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## *Editorial..*

*Once again it is my proud moment to bring out 'Pragati' College Annual Magazine of the year 2016-17 to you all. It is a herculean task to collect the different articles from the students and academic staff, because students, the stake holder of the college are the real assets of any institute. They need to be cared and pampered to bring out the best platform to display their creativity during their three years tenure at this college.*

*"Little learning is dangerous thing,  
Drink deep or taste not the pyrean spring,  
their shallow draughts intoxicate the brain  
and drinking deep sobers you again".*

*It is an effort down below the surface, the hidden talent must be brought out the college magazine and wall magazines are two sources where bright stars twinkle in their originality. The academic staff share their ideas and knowledge with one and all through these sources.*

*It is my humble effort to include all creative efforts honestly penned by the student and the staff.*

*It is here I wish to acknowledge the strength and endeavouring of in-charge Principal Dr. Bhavana Chauhan, who with her grit and good leadership has allowed us to grow.*

*I sincerely acknowledge the efforts of my editorial staff of magazine in editing the articles from the staff and students to bring out the best. I, on behalf of all, acknowledge my gratitude to Dr. C. L. Patel, the Chairman of the C.V.M. that he provided us opportunity to serve in this college. I also thank our Hon Secretary Dr. S.G. Patel for his blessings on this occasion.*

*Dr. Sharda Joshi*

## *From the Chairman's desk,....*

*It is a proud privileged moment for me to write a message in the opening pages of PRAGATI-2017. S.M. Patel College of Home Science has received many significant awards i.e. 'A' grade in NACC, 'A' grade in KCG & CPE in the journey of 45 years.*

*It is customary to publish college Annual Magazine Pragati every year, hence Pragati 2017 is there to highlight the college progress and development, to acknowledge the past achievements and welcome the future in right direction.*

*I personally feel very happy to congratulate the I/C Principal and Staff members for prestigious awards and incredible work, I wish they keep on progressing more in future and maintain the tempo.*

*On this occasion, I congratulate the college team for their creative and talented writers and wish them good luck,*

*Dr. C. L. Patel  
Chairman,  
Charutar Vidya mandal*

*From the Hon. Secretary's desk,....*

*It is an honour to write few lines on the opening page of this wonderful 'Pragati' college magazine. It provides some evidences of show-casing progress made by the students of this Social Engineering Institutions, specially Girls and women of tomorrow. The college is putting all the Best efforts to cultivate personality development in multifaceted way. Students are given training to stand-up in odd-circumstances of life and prepare them to face all the challenges. Some of them have got ability to pen-down their views and innovative ideas. I congratulate the in-charge Principal Dr. Bhavna Chauhan and her team for 'Pragati'. My blessings to all graduating students to have great and successful life in this progressive country India.*

*S.G.Patel  
Hon. Secretary*



*From the Principal's desk,....*

*The College Magazine team works to bring out the annual official student-publication of S. M. Patel College of Home Science for women.*

*Each year, our team of editors, faculties and students. In addition to generating creative content from the student population, work extensively to report on events in and around college. The final publication reflects and encompasses the diversity inherent to the academic and extra-curricular activities.*

*With the onset of the working year 2016-2017, the College Magazine has functioned as an independent entity. Its primary focus has been geared at covering events and notable issues within the college, as well as writing articles and relationships with current events, popular culture, academics.*

*The magazine continues to expand its reach to achieve its vision of being a truly representative student publication. The team hopes to build on this ethos just as much during the upcoming academic years.*

*Dr. Bhavana Y Chauhan  
I/c. Principal  
Dean*

## PROFILE OF THE COLLEGE

The S. M. Patel College of Home Science was established by Charutar Vidya Mandal in June 1971 under the able guidance of the then Director Madam Tarabai. The donation towards the building of S.M.Patel college of Home Science came from Shri Manibhai Shivabhai Patel & his brothers of Sojitra and the college is named after their father Shri S. M. Patel. Home Science is an interdisciplinary field dealing with the science and art of living. It is an integral knowledge which draws from pure, applied and social sciences as well as Technology & Management. The focus is preparing young women for a profession & dealing with life situations. It also plays a vital role in increasing the capacity of the family and community for a better quality of life through the competences developed by this education.

The subjects offered have the potentials for Personal development, Academic development and Commercial application. The syllabus combines theory, practical and field work with core foundation & specialization courses and ICT courses leading to social and economic empowerment of the young graduates.

### AREAS OF SPECIALIZATION :

- Family Resource Management – Focus – Interior design – Hospitality Management – Consumer Services, Ergonomics.
- Food & Nutrition – Focus – Dietetics, Human Nutrition, Community Nutrition, Institutional Food Service Management, Cuisine
- Human Development – Focus – Child welfare Pre school management, Early Childhood education, Differently abled children, Women's Issues, Overviews of life span development.
- Textile & Clothing – Focus – Fashion designer, Textile Science. Commercial clothing & Fashion Marketing.
- First degree vocational course - Food Sciences & Quality Control – Focus – New Product Development, Sensory evaluation, entrepreneurship.
- M.Sc. -Dietetics and Food service management - IGNOU

The logo of the college is an open book, which is Spreading the light of knowledge with a motto. 'Vidyaratana Mahadhanam'.

## **VISION**

Empowering young girls through quality education to meet current and emerging challenges in global perspective for the development of the self and society.

## **MISSION**

- To provide scientifically planned skill oriented courses relevant in present context.
- To continuously upgrade the curriculum that is globally valuable, locally relevant and responsive to upcoming challenges of the society.
- To affiliate, synergize with communities, organizations, institutions at local, regional, national and international levels.
- Empowering young girls to respond creatively with a sense of responsibility to the contemporary needs of the society.
- Capacity building of young girls to inculcate a sound philosophy for holistic living and maintain a sustainable career growth curve.

## **OBJECTIVES**

- To give practical experience by industrial linkages and community neighborhood networking.
- To sensitize the students in identifying the needs of less advantaged / deprived group in the society and make a positive contribution to the society
- To identify and nurture the innovative entrepreneurial abilities of young girls for lifelong socio-economic value-addition
- To develop potential and creativity among students and help them in solving academic and personal problems.

## **Salient Features of the Institution**

- Choice based credit system divided in 2 semesters per year.
- Continuous & comprehensive assessment of theory & practical course.
- Counseling-academic & personal
- Parents involvement
- Active learning methodology of teaching
- Co-curricular & extra curricular activities
- Adhering to academic calendar

- Faculty Appraised with latest knowledge of their field
- College library with internet facilities
- Placement cell and career & counselling cell
- IQAC
- Alumni Association
- Educational & industrial visit

### **Assets of the Institution**

1. CPE-Phase-II, UGC offered 1.20 crore grant
2. Computer lab with internet facility
3. English language lab (DELL)
4. ICDS-Anganwadi Training Centre
5. IGNOU Study Centre  
M.Sc. (Dietetics and Food Service Management)
6. Zaverba Day Care & Play Group
7. Add on career oriented course  
-Sports Nutrition      -Interiors      -Fashion Design
8. ICT Class rooms and labs
9. 24x7 Wi-Fi campus
10. College website
11. Specialized Laboratories for Add on courses
12. Auditorium with in advance ITC facilities
13. Holistic Learning Environment & Green Campus
14. Cafeteria
15. Parking place
16. Ladies room (LR)
17. Gymnasium
18. ALM room
19. Library with INFLIBNET
20. Administrative wing with advanced technology
21. Prospective courses  
-Post Graduate in FRM  
-Post Graduate in FN  
-Diploma in ECCE Management

**વિધાનગર એસ.એમ. પટેલ કોલેજ આઈ હોમ સાયન્સ કોલેજ ખાતે હોટલ અને ટૂરીઝમના તાલીમ વર્કશોપ યોજાયો**

**હોમસાયન્સનો વાર્ષિકોત્સવ ઉજવાયો**

આઈ.એમ. પટેલ કોલેજ આઈ હોમ સાયન્સ વિધાનગરનો ૪૪મો વાર્ષિકોત્સવ આજના રોજ શરૂ થયો. કાર્યક્રમના મુખ્ય પદ અંતર્ગત વિધાનગરના સી.એ.એ. પટેલ તથા વડાકોલેજના સી.એ.એ. 'સાચી' સર્વિસના ટ્રસ્ટી મિત્ર રેનુ બાલુ પુખ્ત મહિલા સ્વચ્છ ઉપસ્થિત રહ્યા હતા.

કાર્યક્રમની શરૂઆત આઈ.એમ. પટેલ કોલેજના ડેનના આજીવન સંબોધનથી શરૂ થઈ ત્યાર બાદ આજના આજીવન સંબોધન તથા સુલભ ડાઉન્ટિંગના આઈ.એમ. પટેલના વડાવારના આજીવન સંબોધનથી શરૂ થઈ હતો. પ્રથમ પાર્ટની સી

**વિધાનગર એસ.એમ. પટેલ કોલેજ આઈ હોમ સાયન્સનો સ્પોર્ટ્સ ડે ઉજવાયો**

આઈ.એમ. પટેલ કોલેજ આઈ હોમ સાયન્સનો ૪૪મો સ્પોર્ટ્સ ડે આજના રોજ ઉજવાયો હતો. જેમાં મુખ્ય મહેમાન તરીકે કોલેજના પૂર્વ આચાર્ય રેખા ઈમન્યુઅલ ઉપસ્થિત રહ્યા હતાં. કોલેજના આચાર્ય ડો. હતાં.



આઈ.એમ. પટેલ કોલેજ આઈ હોમ સાયન્સના આજીવન સંબોધન તથા સુલભ ડાઉન્ટિંગના આઈ.એમ. પટેલના વડાવારના આજીવન સંબોધનથી શરૂ થઈ હતો. પ્રથમ પાર્ટની સી

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News Paper Clips

## Gold Medalist of Year 2016-17



**Sakina M. Ezzy**  
(T.C. Major) Overall Gold Medalist



**Mamta P. Solanki**  
(F.R.M.)



**D'souza Valarie**  
(F.N.)



**Kavisha Bhatt**  
(H.D.)



**Vrunda Joshi**  
(F.S.Q.C.)

## OUR COLLEGE FAMILY

Incharge Principal  
Dr. Bhavana Chauhan

### Human Development

1. Dr. Sharda Joshi
2. Dr. Mittal J. Barot

### Foods & Nutrition

1. Ms. Shazia Sharma
2. Ms. Vijaya Agarwal
3. Ms. Tanvi Makwana
4. Ms. Minal Chauhan

### Chemistry

1. Dr. Yogesh Vadwala
2. Ms. Trusha Lad

### English

### Physical Instructor

1. Mr. Ranjit Bhagora (AS)

### Administrative Staff

1. Shri I. R. Vahora (H.Clerk)
2. Shri. K. S. Panchal (S.Clerk)
3. Shri H. J. Patel (J.Clerk) (S.F.)
4. Ms. Daxa Sharma (Lab.-Astt.)

### Textiles & Clothing

1. Ms. Alpana Shah

### Family Resource Management

1. Dr. Devika Thakkar
2. Ms. Sushma Batra
3. Dr. Nidhi Gupta
4. Ms. Kalpana Shrivastava
5. Ms. Padmaja Puppala

### Biology

### Extension Education

### Librarian

1. Shri I. C. Patel

1. Shri S. M. Vasava (Peon)
2. Shri S. K. Malek (Chowkidar)

## LIST OF CENTRAL COMMITTEE 2016-2017

Sr. No.	Portfolio	Teacher Incharge	Student Incharge	Major
1	President	Ms. Bhavana Chauhan		
2	Vice President	Dr. Yogesh Vadwala	GS : Ishwaki Patel	TY FN
3	Geet Sangeet Nritya Dhara	Ms. Minal Chauhan	Aakansha Gupta	TY FSQC
4	Natya Dhara	Ms. Tanvi Makvana	Mansi Patel	TY FN
5	Kala Kaushalya Dhara	Ms. Sushma Batra	Monali Patel	TY FRM
6	Sarjanatmak Abhivyakti Dhara	Ms. Kalpana Srivastava	Zainab Ezzy	TY FRM
7	Gyan Dhara	Ms. Vijaya Agarwal	Radha Sista	TY FSQC
8	Khel Kud Yog Dhara	Mr. Ranjeet Bhagora	Helly Prajapati	TY FN
9	Samudayik Seva Dhara	Ms Trusha Lad	Sumiya Chauhan	TY TC
	N.S.S.	Dr. Mittal Barot	Sanam Patel	FY BSc.
	N.C.C.	Ms. Padmaja Puppala	Urva Dave	TY FRM
10	Magazine	Dr. Sharda Joshi	Shubhangi Verma	TY FN
11	Hostel	Ms. Shazia Sharma	Krishna Patel	TY TC
12	Discipline	Ms. PadmajaPuppala	Rina Mori	TY FN
			Twinkal Gamit	TY FN
			Mansi Brahmhbhatt	TY FRM
			Nisha Thakor	TY HD
			Ummulkhair Patel	TY TC
13	Landscaping and surroundings	Ms. Trusha Lad Ms. Minal Chauhan Dr. Mittal Barot Ms. Tanvi Makvana	Minaz Diwan	TY HD
			Rina Patel	TY TC
			Sheetal Bharwad	TY HD
			Upasna Vaghela	TY TC
14	Publicity	Mr. Ranjeet Bhagora	Manisha Bhabhor	TY HD
15	Class Representative T.Y.		Dharti Variya	TY FRM
			Sumi Halder	TY TC
			Archana Tavde	TY HD
			Mittal Vaghela	TY FN
			Hemangi Patel	TY FSQC



Sr. No.	Portfolio	Teacher Incharge	Student Incharge	Major
16	Class Representative S.Y.		Deval Jalu	SY FRM
			Mahima sutariya	SY TC
			Hemlata Sindha	SY HD
			Karishma Maheshwari	SY FN
			Krishna Patel	SY SQC
17	Class Representative F.Y.		Krishna Patel	FY B.Sc.
			Shruti Patel	FY FSQC

### Central committee Incharge faculty

No		Name
1	President	Dr. Bhavana Chauhan
2	Vice president	Dr. Yogesh Vadwala
3	Geet sangeet nritya dhara	Ms. Minal Chauhan
4	Natya dhara	Ms. Tanvi Makwana
5	Gyan dhara	Ms, Vijaya Agarwal
6	Kala kaushalya dhara	Ms. Sushma Batra
7	Sarjanatmak abhivyakti dhara	Ms. Kalpana Srivastava
8	Khel kud dhara	Mr. Ranjit Bhagora
9	Samudayaik seva dhara (NSS)	Ms. Trusha Lad & Dr. Mittal Barot
10	NCC	Ms. Padmaja Puppala
11	Magazine	Dr. Sharda Joshi

## Other committee Incharge faculty

No		Name
1	Hostel	Ms. Shazia Sharma
2	IQAC Co-ordinator	Dr Nidhi Gupta
3	Career and placement	Ms. Kalpana Srivastava, Dr. Sharda Joshi, Dr Nidhi Gupta
4	Alumni	Ms. Shazia Sharma, Ms. Kalpana Srivastava
5	College website	Ms. Kalpana Srivastava, Mr. Nayan Parekh
6	Publicity	Mr. Ranjit Bhagora
7	DELL	Mr. Nayan Parekh
8	ICT facility	Ms. Trusha Lad and Mr. Ranjit Bhagora
9	Library	Ms. Alpana Shah, Dr. Nidhi Gupta, Ms. Vijaya Agarwal, Ms. Kalpana Srivastava
10	Funds for financially poor student	Ms. Bhavana Chauhan, Dr. Yogesh Vadwala
11	Landscape	Ms. Trusha Lad & Dr. Mittal Barot, Ms. Minal Chauhan, Ms. Tanvi Makwana
12	Gym	Mr. Ranjit Bhagora, Ms. Shazia Sharma, Dr Nidhi Gupta
13	BISEG	Mr. Ranjit Bhagora,
14	Time table	Ms. Alpana Shah, Ms. Shazia Sharma, Dr Nidhi Gupta, Dr. Sharda Joshi
15	Test timetable	Dr. Devika Thakker, Ms. Alpana Shah
16	Reception of guest	Ms. Sushma Batra, Dr. Sharda Joshi
17	Grievances	Ms. Bhavana Chauhan, Dr. Yogesh Vadwala
18	Women cell	Dr. Devika Thakker, Ms. Alpana Shah, Ms. Bhavana Chauhan, Dr. Sharda Joshi, Ishwaki Patel (GS, Student)
19	Academic calendar	Ms. Bhavana Chauhan, Ms. Sushma Batra, Dr. Yogesh Vadwala, Dr Nidhi Gupta
20	Prospectus	Ms. Alpana Shah, Ms. Sushma Batra,
21	Staff Secretary	Ms. Alpana Shah
22	Anti Ragging Cell	Ms. Bhavana Chauhan, Dr. Yogesh Vadwala, Ms. Sushma Batra, Ms. Shazia Sharma



## Textiles and Clothing

## Department of Textiles and Clothing

Sr. No	Date	Activity	Topic & Place	Beneficiary	Faculty
1	27/7/16 28/0/16	Exhibition T.Y. B.Sc. T.C.Students- 40	Accessories & Adornment;at S.M. Patel College of Home Science, V.V.Nagar	Residents- Anand, V.V.Nagar, Karamsad	Ms. Alpana Shah Ms. Kalpana Srivastava Ms. Daxa Sharma
2	2/12/16	Extension Activity- Workshop	Tie & Dye technique - an income generating activity; at Jod Village	Jod Village women	Ms. Alpana Shah
3	24/12/16	Study Tour	Exhibition- Arts & Crafts, Indian Embroidery; At Anand	S.Y.B.Sc. Students-29	Ms. Padmaja Puppala
4	27/12/16	Work Shop By Ms. Divya Shah	Flash Figure & Fashion Figure; At S.M. Patel College of Home Science, V.V.Nagar	S.Y.B.Sc. Students-25	Ms. Alpana Shah Ms. Daxa Sharma
5	18/01/17	Expert Talk by Dr. Namrita Kola	Advances in Textiles- Environmental concern	T.Y. B.Sc.Students- 40 S.Y.B.Sc. Students-25	Ms. Alpana Shah Ms. Daxa Sharma
6	06/02/17	Educational trip At Ahmedabad	i) B.M.P. Textiles; Narol ii) Sinhaal industries; Narol	T.Y. B.Sc.Students- 36 S.Y.B.Sc. Students-23	Ms. Alpana Shah Ms. Sushma Batra Dr. Yogesh Vadwaala Ms. Daxa Sharma



## Human Development



## Department of Human Development

Sr. No.	Date	Activity	Topic & Place	Beneficiary	Faculty
1	8/8/2016	Lecture	Franchises in the Preschool	T.Y HD, FN & FSQC Students	Dr. Sharda Joshi Dr. Mittal Barot
2	2/8/16	Lecture	Stem cell Banking	T.Y B.Sc HD & FN Students	Ms. Shazia Sharma Ms. Vijaya Agarwal Dr. Sharda Joshi Dr. Mittal Barot
3	3/8/16	Lecture	Mothers Milk	T.Y B.Sc HD & FN Students	Ms. Shazia Sharma Ms. Vijaya Agarwal Dr. Sharda Joshi Dr. Mittal Barot
4	6/8/16 8/8/16 9/8/16	Workshop	Soft Toy Making	S.Y B.Sc (110) Students	Dr. Sharda Joshi Dr. Mittal Barot
5	9/8/16	Lecture	Guest lecture on Reproductive Health & Pregnancy	F.Y B.Sc (102) Students	Dr. Mittal Barot
6	2/8/16 9/8/16 12/8/16	Workshop	Growth Monitoring	F.Y B.Sc (103) Students	Dr. Mittal Barot
7	11/12/16	Community Out- reach	Old clothes & toys distribution at Zor village	Village people	Dr. Mittal Barot
8	17/12/16	Institutional visit	PHC Centre, Bakrol	S.Y B.Sc (21) Students	Dr. Mittal Barot
9	25/12/16	Workshop	Digital Banking	S.Y B.Sc Students	Dr. Mittal Barot
10	6/1/2017	Film Show	Disabled children (Black film for blind people)	T.Y and S.Y.B.Sc HD Students	Dr. Mittal Barot
11	6/1/2017	Competition	Poster Competition for challenged	T.Y and S.Y.B.Sc HD (36) Students	Dr. Mittal Barot

Sr. No.	Date	Activity	Topic & Place	Beneficiary	Faculty
12	10/1/2017	Institutional visit -	Psychological Tests & Scale	T.Y B.sc HD (15) Students	Dr. Sharda Joshi
13	17/1/2017	Institutional visit	ECCE centre ,Anand Balwadi, Mogari	T.Y B.sc (15) HD Students	Dr. Sharda Joshi
14	2/1/2017	Educational visit	CMTC centre Sarsa.	S.Y.B.Sc HD (21) Students	Dr. Mittal Barot Ms. Kamini Mochi
15	3/1/2017	Competition	Slogan Competition	T.Y Students 15	Dr. Sharda Joshi



हर घर में अब आवाज उठेगी, बेटियां भी अब आगे बढ़ेंगी.



Zaverba Nursery School



## Zaverba Nursery School

### Department of Human Development

Sr. No.	Date	Activity	Topic and Place	Beneficiaries	Name of Faculty
1	13/1/16	Celebration of Uttarayan	Zaverba Nursery School Campus	Nursery school children	Miss Kamini Mochi
2	25/1/16	Celebration of Republic Day	Zaverba Nursery School Campus	Nursery school children T.Y B.sc students	Pri.Rekha Emanuel Dr. Sharda Joshi Dr. Mittal Barot Miss Kamini Mochi
3	22/3/16	Celebration of Holi	Zaverba Nursery School Campus	Nursery school children	Dr. Mittal Barot Miss Kamini Mochi
4	23/3/16	Celebration of Dhuleti	Zaverba Nursery School Campus	Nursery school children	Dr. Mittal Barot Miss Kamini Mochi
5	13/8/16	Celebration of Independent Day	Zaverba Nursery School Campus	Nursery school children	Pri. Bhavna Chauhan Dr. Sharda Joshi Dr. Mittal Barot Miss Kamini Mochi
6	24/8/16	Celebration of Janmashtami	Zaverba Nursery School Campus	Nursery school children	Dr. Sharda Joshi Dr. Mittal Barot Miss Kamini Mochi
7	16/9/16	Celebration of Balwadi Day	Sardar Patel Smarak (Karamsad)	Nursery school children + Parents of nursery school children	Dr. Sharda Joshi Dr. Mittal Barot Miss Kamini Mochi
8	8/9/16	Celebration of Ganesh Utsav Children visit Ganesh mandap	Motabazar Vidyanagar	Nursery school children	Miss Kamini Mochi
9	6/10/16	Celebration of Navaratri	Zaverba Nursery School Campus	Nursery school children, 11th & 12th std. students	Dr. Sharda Joshi Dr. Mittal Barot Pri. Suchita mam & all staff members of higher sec. school Miss Kamini Mochi
10	22/10/16	Celebration of Diwali	Zaverba Nursery School Campus	Nursery school children	Miss Kamini Mochi

Sr. No.	Date	Activity	Topic and Place	Beneficiaries	Name of Faculty
10	22/10/16	Celebration of Diwali	Zaverba Nursery School Campus	Nursery school children	Miss Kamini Mochi
11	15/12/16	Rhymes & Story Telling Competition	Zaverba Nursery School Campus	Nursery school children	Dr. Sharda Joshi Dr. Mittal Barot Miss Kamini Mochi
12	28/12/16	Celebration of Christmas	Zaverba Nursery School Campus	Nursery school children S.Y B.sc students	Pri. Bhavna Chauhan Dr. Sharda Joshi Dr. Mittal Barot Miss Kamini Mochi
13	4/1/17	Sports Day	Zaverba Nursery School Campus	Nursery school children	Miss Kamini Mochi



एक कदम स्वच्छता की ओर

Cleanliness from inside and outside,  
health automatically will reside both sides



## Foods and Nutrition



## Department of Foods and Nutrition

Sr. No	Date	Activity	Topic and Place	Beneficiary	Faculty
1	1/ 8/16	Display of Charts	International Breast feeding Week celebration S.M.Patel College of Home Science	All students and Anganwadi Workers	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana(C)
2	1/ 8/16	Recipe competition and demonstration	Lactogogues rich S.M.Patel College of Home Science	T.Y.B.Sc. F.N. and F.S.Q.C Students, Anganwadi Workers	Dr. Bhavana Chauhan(C) Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
3	2/8/16	Talk in Collaboration with Stemcyte	Stem Cell Banking information S.M.Patel College of Home Science	T.Y.B.Sc. F.N. and F.S.Q.C Students, Nutrition coordinators and 05 participants from each women cell of S.P.Uni.	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal( C) Ms. Minal Chauhan Ms. Tanvi Makwana
4	3/8/16	Talk by leading Gynecologist of Anand	Latest breast feeding practices By Dr. Sanjay Bhrambhatt	T.Y.B.Sc. F.N. and F.S.Q.C Students and H.D. students	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan(C) Ms. Tanvi Makwana

Sr. No	Date	Activity	Topic and Place	Beneficiary	Faculty
5	4/8/16	Role Play	By Anganwadi helpers on Breast feeding Practices	T.Y.B.Sc. F.N. and F.S.Q.C Students, Anganwadi Workers	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan(C) Ms. TanviMakwana(C)
6	5/8/16	Visit to milk bank	Visit to Milk Bank at Akanksha Hospital and research centre Lambhvel	T.Y.B.Sc. F.N. and F.S.Q.C Students	Dr. Bhavana Chauhan Ms. Shazia Sharma(C) Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
7	6/8/16	Short film	Colostrums and its benefits	T.Y.B.Sc. F.N. and F.S.Q.C, H.D. students & Anganwadi Workers	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan(C) Ms. TanviMakwana(C)
8	1/9/16	Display of Charts on "Life Style diseases"	National Nutrition Week Celebration	All students and Anganwadi Workers CVM Higher Secondary (HSC)	Dr. Bhavana Chauhan (C) Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
9	1/9/16	Quiz Competition	Kaun Banega Champion in Nutrition	All students	Dr. Bhavana Chauhan Ms. Shazia Sharma (C) Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
10	2/9/16	Recipe Competition	Calcium Rich	Women's of Mahila Mandal	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana(C)

Sr. No	Date	Activity	Topic and Place	Beneficiary	Faculty
11	4/9/16	Recipe Competition	Balanced Breakfast for Adolescents	F.Y.B.Sc students	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal ( C) Ms. Minal Chauhan Ms. Tanvi Makwana
12	7/1/17 and 8/1/17	Attended a Conference National workshop	“Life style nutrition and diseases”  “Sports Nutrition”  organized by Indian Dietetic Association, Gujarat Chapter Rajkot	T.Y.B.Sc. F.N. and F.S.Q.C Students	Dr. Bhavana Chauhan(C) Ms. Shazia Sharma(C)
13	10/1/17	Indian Dietetics Day – Lecture by Clinical Dietitian Ms. Jigna Patel	Life style and nutrition on the theme “Consult the dietitian – get Fooducated”	All students	Dr. Bhavana Chauhan(C) Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
14	23/1/17	Parents –Teachers meeting	S.M.Patel College of Home Science	T.Y.Students and Parents	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal(C) Ms. Minal Chauhan(C) Ms. Tanvi Makwana
15	24/1/17	Talk by Daxa Thakkar Nutrition programme officer, Anand	Job opportunities in Government Health Dept. & ICDS S.M.Patel College of Home Science	T.Y.Students and Parents	Dr. Bhavana Chauhan(C) Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana

Sr. No	Date	Activity	Topic and Place	Beneficiary	Faculty
16	2/2/17	Educational Tour –Cheese plant, and Parle - G plant,	Khatraj and Nadiad.	T.Y.B.Sc. F.N. and F.S.Q.C Students	Dr. Bhavana Chauhan Ms. Shazia Sharma(C) Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana(C)
17	7/2/17	Talk by Ms Prerna Trivedi, Dietitian Shree Krishna Hospital (Privilege)	Role of Dietitian and opportunities	T.Y.B.Sc. F.N. and F.S.Q.C Students And Parents	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal(C) Ms. Minal Chauhan(C) Ms. Tanvi Makwana
18	11/2/17	Demonstration  Publication of booklet in collaboration with Jalaram trust, Dharmaj	Adulteration and its harmful effects  Adulteration and its harmful effects	Women of Dharmaj Town  Open to all	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana(C)  Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
19	7/3/17	Workshop on Culinary Skills  Workshop on Baking	Salad Cutting and Demonstration  Baking Techniques	T.Y.FN	Dr. Bhavana Chauhan Ms. Shazia Sharma(C) Ms. Vijaya Agarwal Ms. Minal Chauhan Ms. Tanvi Makwana
20	17/3/17	Workshop on Culinary Skills	Desserts	T.Y.FN & TY FRM	Dr. Bhavana Chauhan Ms. Shazia Sharma Ms. Vijaya Agarwal Ms. Minal Chauhan (C) Ms. Tanvi Makwana



# Family Resource Management





## Family Resource Management Department

Sr. No	Date	Activity	Topic &Place	Beneficiary	Faculty
1	28th June to 2nd July	Workshop	AutoCAD In collaboration with Auto-Desk.	T.Y.FRM Students	Dr.Devika Ms.Sushma Ms.Kalpana
2	29/07/2016	Competition	Napkin fold & Menu card making	All Students of the college.	Ms.Kalpana
3	4/08/2016	Visit	“ Trends in modular kitchens” With Anand Modular kitchen dealers. M.D. Traders, Afis appliances and Aura Modular kitchens	T.Y.FRM Students	Dr.Nidhi Ms.Kalpana
4	11/08/2016	Competition	“Rangoli” for Indian festivals. college premises	S.Y.Sudents	Dr.Devika Ms.Sushma
5	23/08/2016	Educational tour on	Poachia. and Sardar Sarovar	F.Y. Students	Ms.Sushma Dr.Nidhi Ms.Padmaja
6	27/09/2016	Demonstration.	“Income generating Activities”. Mahivas (Low income group) Residences	Adolescent girls and women of Mahivas	Dr.Devika Ms.Sushma

Sr. No	Date	Activity	Topic &Place	Beneficiary	Faculty
7	1/10/2016	Visit	Old Age Home to understand Geriatric issues & challenges. Jalaram VishramGruh Trust Karamsad	T.Y.FRM Students	Ms.Sushma Dr. Nidhi
8	24/12/2016	Exhibition	Charts & posters on Consumer awareness FRM Dept.	All students	Dr. Devika Ms.Sushma Dr. Nidhi
9	26/12/2016	Talk by S.C. Kapasia(President, GrahakSurakshaMandal and Kamleshbhai Parikh (TolMaap Adhikari) Rally for creating consumer awareness	Programme on consumer awareness in collaboration with Grahak Suraksha Mandal	All F.Y. and S.Y. Students	All Faculties
10	13/12/2016 to 28/12/2016	workshop	Training workshop on Tourism and Hospitality. Auditorium & Family Resource Management Dept.	T.Y. Students	Dr.Devika Ms.Sushma Dr.Nidhi Ms.Kalpna Ms.Padmaja
11	27/12/2016	Poster Competition	Consumer Safety & Consumer's right to be heard. Art & design lab	All T.Y. Students	Ms.Sushma Dr.Nidhi
12	28/12/2016	Essay Competition.	'Consumer awareness' & 'Consumer expenditure pattern' FRM Dept.	S.Y. FRM students	Ms.Kalpna

Sr. No	Date	Activity	Topic &Place	Beneficiary	Faculty
13	29/12/2016	Quiz	"Consumerism" Art & design lab	S.Y. FRM	Ms.Kalpana
14	30/12/2016	Visit	"Grahak Suraksha Forum". Anand	S.Y. FRM students	Dr.Nidhi Ms.Padmaja
15	04/01/2017	Field visit	Types of Foundation. Construction sites in V.V.Nagar	T.Y. FRM Students	Dr.Nidhi
16	12/01/2017	Parent-Teacher meeting	To Motivate students for further studies and for self- independency. Auditorium	S.Y. FRM and T.Y. Students	Dr.Devika Ms.Sushma Dr.Nidhi Ms.Kalpana Ms.Padmaja
17	13/01/2017	"Rashtriya Grahak Din" Celebration	V.C.Patel School	FRM Major Students.	
18	17/01/17	Visit	Exhibition on building materials Models and Town planning projects. SMAID New V.V.Nagar	S.Y. FRM and	Dr.Devika Ms.Sushma Dr.Nidhi Ms.Kalpana Mr.Narendrabhai
19	19/01/17	Guest lecture by Ms.Krupa Bhavsar	Types of Guest and Guest cycle. Art & Design lab	S.Y. Students	Ms.Kalpana
20	20/01/2017	Visit	Flo-art .Inspiring speech by Ms.Kalpana Amin ( Women Entrepreneur) V.V.Nagar	S.Y. FRM and T.Y. Students	Dr.Devika Ms.Sushma

Sr. No	Date	Activity	Topic &Place	Beneficiary	Faculty
21	23/01/2017	Demonstration by Mukti	Preparing Accessories	S.Y.FRM Students	Dr.Devika Ms.Sushma Dr.Nidhi Mr.Narendrabhai
22	27/01/2017	Lecture cum Training	Time & Income Management Anganwadi	Anganwadi Workers.	Dr.Devika Ms.Kalpana
23	3-4/02 2017	Workshop	"3D Drawing" Auto CAD Lab.	T.Y. Students	Dr.Devika Ms.Sushma
24	10/02/2017	Training program by Ms. Komal and Ms. Ekta (Ph.D. Students)	Managing human energy.	Anganwadi Workers.	Dr.Nidhi
25	27/02/2017	Demonstration by Narendra potter	Pottery making	S.Y. FRM Students	Dr.Devika Ms.Sushma Dr.Nidhi Mr.Narendrabhai
26	28/02/2017	Expert lecture by Mr.Kamleshbhai and Mr. Harshadbhai	Filing Income Tax Return.	F.Y. Students	Dr.Nidhi Ms.Kalpana
27	4/03/2017	Demonstration	Managing house hold equipment in rural areas. Anganwadi	Anganwadi Workers.	Dr.Devika Ms.Sushma
28	06/03/2017 To 11/03/2017	Training Workshop	Training and capacity building of home makers in "House hold Waste Management."	Home Makers of Vallabh Vidyanagar.	Ms.Kalpana Dr.Nidhi
29	09 & 10/03/2017	Workshop	Screen printing by	S.Y. FRM Students	Dr.Yogesh Vadwala.
30	17/03/2017	Workshop on Culinary Skills	Salads & Desserts	T.Y. FRM Students	Ms. Sushma Batra Ms. Kalpana Srivastava Dr. Devika Thakkar



# SAPT-DHARA



## SARJANATAMAK ABHIVYAKTI DHARA

S.No.	Date	Activity	Topic & Place	Beneficiary	Faculty
1.	12/09/16	Essay Writing	1. "A step towards cleanliness" 2. "Sawach Bharat – A Mission" 3. "Clean and Green India" S.M.Patel College of Home Science organized under "SAWACHTA PAKHWARA" 1- 15 September 2016	All the students of the college	Ms. Kalpana Srivastava
2.	/09/2016	Participation in Youth Festival	Sardar Patel University	Final Year students	Ms. Kalpana Srivastava
3.	2/01/17	Inter Class Elocution Competition	"Educated Youth Can Change The Future of The Country" S.M.Patel College of Home Science	All the students of the college	Ms. Kalpana Srivastava
4.	21/01/17	Inter Collegiate Debate Competition	"Female Managers are more efficient than Male Managers" S.M.Patel College of Home Science	Students of the host college & sister institutes	Ms. Kalpana Srivastava

## KALA KAUSHALYA DHARA

Sr. No.	Name of Faculty	Topics /Activity	Date	Beneficiary
1.	Ms. Sushma Batra	Hair style competition	19/07/2016	All Students
		Saree draping competition	19/07/2016	All Students
		Mehandi Competition	21/07/2016	All Students
		Rangoli Competition	11/08/2016	All Students

## GYAN DHARA

Sr No.	Date	Activity	Topic and place	Beneficiary	Faculty
1.	20/7/16	Poster making competition	Make in India & Swatch Bharat. College library	Innovation and creativity of the students was brought into light.	Mrs. Vijaya Agarwal
2.	1/8/16	Lactogogues recipe competition	Lactogogues rich recipes. Food & Nutrition lab.	Students explained the importance of lactogogues to the Anganwadi workers.	Mrs. Vijaya Agarwal
3.	3/8/16	A talk on breast feeding practices.	Importance of breast feeding, importance of colostrums, how to feed a baby, teaching methods, Pathology of breast and problems during breast feeding. College Auditorium.	Students clarified their doubts related to gynac problems. Students and Anganwadi workers understood the importance of colostrums and feeding practices.	Mrs. Vijaya Agarwal

## GEET SANGEET NRUTYA DHARA

S.No	Date	Type of activity	Beneficiaries	Faculty
1	23/7/16	Patriotic song competition	25 students All students	Minal Chauhan
2	30/7/16	Western solo song competition	10 students	Minal Chauhan
3	30/7/16	Classical Solo Dance	10 students	Minal Chauhan
4	30/7/16	Solo Dance Competition	10 students	Minal Chauhan
5	30/7/16	Group dance competition	15 students	Minal Chauhan
6	16/7/16	Singer of the district competition	2 students	Minal Chauhan
7	20/10/16	Intercollege youth festival (Light Vocal Indian Solo)	1 student	Minal Chauhan
8	19/10/16	Intercollege youth festival (Western Vocal Solo)	1 student	Minal Chauhan
9	20/10/16	Patriotic song competition	1 student	Minal Chauhan
10	30/1/17	Folk dance competition (Volcano)	7 student	Minal Chauhan



## NATYA DHARA

Sr. No	Date	Activity	Topic and Place	Beneficiaries	Faculty
1	16/07/16	C.D.Show	Anuvaad, S.M.Patel College Home Science	S.Y. and T.Y.B.Sc. Students	Ms. Tanvi Makwana
2	06/08/16	Theater Events	Skit Mime Mono acting Mimicry S.M.Patel College Home Science	All Students	Ms. Tanvi Makwana
3	13/08/16	C.D.Show	Padi patode bhaat S.M.Patel College Home Science	T.Y.B.Sc. Students	Ms. Tanvi Makwana
4	27/08/16	C.D.Show	Jamin S.M.Patel College Home Science	S.Y.B.Sc. Students	Ms. Tanvi Makwana
5	02/09/16	C.D.Show	Chitralkha S.M.Patel College Home Science	F.Y. and T.Y.B.Sc. Students	Ms. Tanvi Makwana
6	03/09/16	C.D.Show	Jivan bharna tofan S.M.Patel College Home Science	T.Y.B.Sc. Students	Ms. Tanvi Makwana
7	10/09/16	C.D.Show	Effects of Mobile S.M.Patel College Home Science	S.Y.B.Sc. Students	Ms. Tanvi Makwana
8	07/01/16	Talk by Ved Kumari	"Drama and Script writing"	S.Y.B.Sc. Students	Ms. Tanvi Makwana
9	07/01/16	Script writing Competition	"Women's exploitation , Students and Corruption"	S.Y.B.Sc. Students	Ms. Tanvi Makwana
10	29/01/17	Ad enactment in Amul- Volcano	Clean and clear Face Wash and Navjivan trust for Funeral Services Town Hall, Anand	S.Y. and T.Y.B.Sc. Students	Ms. Tanvi Makwana

# VYAYAM, YOGA AND KHELKOD DHARA

## (A) INTER UNIVERSITY LEVEL PARTICIPATION

Sr. No	Date	Activity	Place	Student Beneficiary
1	01-10-16 to 04-10-16	Basketball	Hemchandracharya North Gujarat University, Patan	Hemangini Prajapati (T.Y.FRM) Shivangi Patel (SY FSQC) Samim Kalaniya (FY BSC)
2	22-10-16 to 26-10-16	Handball	IIS University, Jaipur	Hemangini Prajapati (T.Y.FRM) Neha Chavda (TY FN) Heena Sodhaparmar (TY FN)
3	11-12-16 to 15-12-16	Kho Kho	MDS, University, Ajmer	Heli Prajapati (TY FN) Heena Sodhaparmar (TY FN) Vibha Kalariya (SY FN)
4	15-12-16 to 19-12-16	Volleyball	M.L.Sukhadia, University, Udaipur	Mohini Prajapati (SY FN)
5	01-02-17 to 05-02-17	Kabaddi	Hemchandracharya North Gujarat University, Patan	Shivangini Patel Heli Prajapati

## (B) INTER COLLEGE EVENTS

Sr. no	Date	Activity	Place	Student Beneficiary
1	27-07-16	Inter College Chess Tournament Organized by Sardar Patel University	YUVI Sports complex	06 Students Participated
2	29-07-16 To 31-07-16	Inter College Badminton Tournament Organized by Sardar Patel University	YUVI Sports complex	04 Students Participated
3	03-08-16	Inter College Table Tennis Tournament Organized by Sardar Patel University	YUVI Sports complex	04 Students Participated
4	22-08-16 To 23-08-16	Inter College Basketball Tournament Organized by Sardar Patel University	YUVI Sports complex	10 Students Participated

Sr. no	Date	Activity	Place	Student Beneficiary
5	14-09-16 To 15-09-16	Inter College Volleyball Tournament Organized by Sardar Patel University	YUVI Sports complex	10 Students Participated
6	20-09-16 To 21-09-16	Inter College Handball Tournament Organized by Sardar Patel University	YUVI Sports complex	Runner's up
7	23-12-16 To 24-12-16	Inter College Athletic Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	10 Students Participated. Second position in Shotput, Third position in Discus throw & High jump
8	23-01-17 To 24-01-17	Inter College Kabaddi Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	10 Students Participated
9	20-09-16 To 21-09-16	Inter College Kho Kho Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	IV Position

### (C) INTER CLASS EVENTS

Sr. No	Date	Activity	Place	Student Beneficiary
1	23-07-16	Inter Class Chess Competition	S.M.Patel College of Home Science, V.V.Nagar	12 Students Participated
2	23-07-16	Inter Class Carrom Competition	S.M.Patel College of Home Science, V.V.Nagar	28 Students Participated
3	30-07-16	Inter Class Table Tennis Competition	S.M.Patel College of Home Science, V.V.Nagar	06 Students Participated
4	31-12-16	Inter Class Kabadi Competition	S.M.Patel College of Home Science, V.V.Nagar	04 team Participated

## 46<sup>th</sup> ANNUAL SPORTS DAY REPORT

Sr.	Event	Position	Name of Students	Roll No	Class
1	100 MTR.	I	Heli Prajapati	97	T.Y.BSC(FN)
		II	Dhara Patel	76	S.Y.BSC(FN)
		III	Hitanshi Patel	03	T.Y.BSC9FSQC)
2	200 MTR.	I	Twinkle Patel	67	S.Y.BSC(FRM)
		II	Heli Prajapati	97	T.Y.BSC(FN)
		III	Nidhi Rabari	54	F.Y.BSC
3	400 MTR.	I	Twinkle Patel	67	S.Y.BSC(FRM)
		II	Heena Sodhaparmar	96	T.Y.BSC(FN)
		III	Rashmi Gohil	28	T.Y.BSC(TC)
4	Shot Put	I	Hemangini Prajapati	65	T.Y.BSC(FRM)
		II	Yagni Patel	121	T.Y.BSC(FN)
		III	Mejbin Vhora	108	T.Y.BSC(FN)
5	Discuss Throw	I	Hemangini Prajapati	65	T.Y.BSC(FRM)
		II	Neha Chavda	110	T.Y.BSC(FN)
		III	Shivangi Patel	310	S.Y.BSC(FSQC)
6	Javelin Throw	I	Hemangini Prajapati	65	T.Y.BSC(FRM)
		II	Leela Chaudhari	106	T.Y.BSC(FN)
		III	Payal Chauhan	115	S.Y.BSC(FN)
			Yagni Patel	121	T.Y.BSC(FN)
7	High Jump	I	Heli Prajapati	97	T.Y.BSC(FN)
		II	Samim Chauhan	32	T.Y.BSC(TC)
		III	Sabukta Pathan	31	T.Y.BSC(TC)
8	Long Jump	I	Heli Prajapati	97	T.Y.BSC(FN)
		II	Ankita Vasavda	09	F.Y.BSC
		III	Twinkle Patel	67	S.Y.BSC(FRM)

Sr.	Event	Position	Name of Students	Roll No	Class
9	Lemon	I	Hemangi Patel	303	T.Y.BSC(FSQC)
	Spoon	II	Hitanshi Patel	304	T.Y.BSC(FSQC)
	Race	III	Sabukta Patha	31	T.Y.BSC(TC)
10	Three Legs Race	I II III	Riddhi Sharma &	113	T.Y.BSC(FN)
			Neha Bhavani	111	T.Y.BSC(FN)
			Yagni Patel &	121	T.Y.BSC(FN)
			Neha Chavda	110	T.Y.BSC(FN)
			Heli Prajapati &	97	T.Y.BSC(FN)
			Heena Sodhaparmar	96	T.Y.BSC(FN)
11	Sac Race	I II III	Heli Prajapati	97	T.Y.BSC(FN)
			Neha Chavda	110	T.Y.BSC(FN)
			Bhumi Khawas	93	T.Y.BSC(FN)
12	Skipping Race	I II III	Heli Prajapati	97	T.Y.BSC(FN)
			Urvashi Vasava	89	F.Y.BSC
			Nishi Patel	25	T.Y.BSC(TC)

Individual Champion: Heli Prajapati [Total Point-18]

Individual Runner's Up: Hemangini Prajapati [Total Point-15]

# NCC

## Year: 2016-17

Sr. No	Date	Name of Camp	Cadet Attended	Activities	Price Win	Faculty
1	16/07/16	Orientation Programme at S.M.Patel college of home science	F.Y. Students	Students were oriented about NCC Objectives, Aims And Activities		Ms. Padmaja Pupala and adm officer- lovy Sharma, GCI Panna Joshi
2	4/5/16 to 9/5/16	National Trekking Camp at Ooty, Nilgiri	2	Photography, essay writing, making competition, cultural programme and daily games	Gujarat Team won 3rd in Photography	Ms. Padmaja and NCC Unit
3	15/6/16 to 25/6/16	combined annual training camp at Thamna camp	8	Drill, weapon training, guest lectures, daily games		Ms. Padmaja and NCC Unit
4	21/6/16	Yoga camp at Sastrimaidan	15	Yoga		College and NCC Unit
5	23/7/16 to 1/8/16	Thalsainik camp at Thamna camp	8	Drill, weapon training, guest lectures,daily games	Quiz competition 1.Hemlata Sindha	Ms. Padmaja and NCC Unit
6	1/8/16 to 15/8/16	Army attachment camp at Ahmedabad	2	Army training	1st rank in volleyball competition, Dhara Patel	Ms. Padmaja and NCC Unit
7	15/8/16	Independence day at S.M.Patel college of home science	32	celebrating independence day		Ms. Padmaja and other faculties of the college
8	12/12/16 to 21/12/16	combined annual training camp at Sarsa	3	Drill, weapon training, lectures for 'B' & 'C' cert-exam, daily games		Ms. Padmaja and NCC Unit
9	21/01/17	Mini Marathon at V.V.Nagar	2	Cadets Asma .A. Munshi & Karishma .P.Maheshwari represented College		Ms. Padmaja and NCC Unit

## National Service Scheme

Sr. No.	Date	Activity/ Topic/Place	Beneficiary	Name of the Faculty
1	22/06/16	NSS Orientation Programme: The F.Y. B.Sc. Students were informed about the objectives of NSS Programme and various activities carried out under it.	115 students of the college	Ms. Trusha Lad Dr. Mittal Barot
2	8/07/16	Thalassemia awareness Programme: A documentary film on Thalassemia was shown to the students of F.Y. B.Sc. to increase awareness among them about this genetic deficiency.	90 students of the college	Ms. Trusha Lad Dr. Mittal Barot
3	15/07/16	Thalassemia Check-up Camp: Thalassemia Check- up camp and Counselling were organized with the help of Indian Red Cross Society, Ahmedabad. Check-up has done of 89 students.	89 students of the college	Ms. Trusha Lad Dr. Mittal Barot
4	18/07/16	Swachha Bharat Mission Programme: Enrollment of 15 students for the Swachh Bharat Mission Programme at S. P. University	15 students of the college	Ms. Trusha Lad Dr. Mittal Barot
5	4/08/16	Animal help & care awareness programme As per the circular of CVM, cards were dispatched to all the students of the college to increase awareness about the free service offered by the V. G. Patel Foundation Trust for helping and caring injured animals.	250 students of the college	Ms. Trusha Lad Dr. Mittal Barot
6	13/08/16	“Azadi 70-Yad Karo Kurbanī Programme (9th Aug.-23rd August-2016): As per the circular of MHRD, Govt. of India, following activities were organized and the reports with photographs were sent to the Commissioner of Higher Education, Govt. of Gujarat. · Patriotic Songs and Rangoli Competitions were conducted. · On 23rd August National Anthem was sung in group by all students and faculties in college premises.	300 students of the college	Ms. Trusha Lad Dr. Mittal Barot

Sr. No.	Date	Activity/ Topic/Place	Beneficiary	Name of the Faculty
7	1-15th Sep.16	<p>Celebration of Swachhata Pakhwariya: As per the circular of KCG, Govt. of Gujarat, following activities were organized:</p> <ul style="list-style-type: none"> <li>· Poster and Essay writing competitions</li> <li>· Twelve Students participated in poster competition and twenty four Students in Essay writing.</li> <li>· Cleaning and tree plantation camp</li> <li>· Oath was taken by the Students as par Sankalp patra for Swachha Bharat Abhiyan</li> </ul>	290 students of the college	Ms. Trusha Lad Dr. Mittal Barot
8	27th-29th Sep.16	<p>Heartfulness Meditation Programme: With the help of Shri Ram Chandra Mission, Anand, a three day Meditation programme was organized for the students. Dr. R. K. Nagar and Shri K. Mathiyalagan gave information about Meditation and taught steps of Meditation to the students</p>	95 students of the college	Ms. Trusha Lad Dr. Mittal Barot
9	21/11/16	<p>National Foundation for Communal Harmony week celebration: Poster making competition on Communal Harmony</p>	15 students of the college.	Ms. Trusha Lad Dr. Mittal Barot
10	30/11/16 to 06/12/16	<p>Annual NSS Camp: As per the government letter, we adopted the Jol village, Dist-Anand this year. Following activities are carried out</p> <ol style="list-style-type: none"> <li>1. Free Ayurvedic Camp</li> <li>2. Free Eye checkup Camp</li> <li>3. Activity on digital banking with the collaboration of Indian Overseas bank, Jol</li> <li>4. Expert lectures and demonstrations <ul style="list-style-type: none"> <li>· Income generating activities- Demonstration of making Phenyl, Detergent Powder, Dishwashing liquid etc.</li> <li>· Tie and dye activities.</li> <li>· Checking adulteration in food.</li> <li>· Ornaments Making</li> <li>· Lecture on Goal and Aim</li> </ul> </li> <li>5. Activities with school children like Puppet show, Drawing, Paper craft, One Minute game</li> <li>6. Various Competitions: <ul style="list-style-type: none"> <li>· Cooking Recipe</li> <li>· Arti thali</li> <li>· Musical chair</li> <li>· Best out of waste</li> <li>· Reverse counting etc.</li> </ul> </li> </ol>	40 students of the college and people of Jol Village	Ms. Trusha Lad Dr. Mittal Barot



Sr. No.	Date	Activity/ Topic/Place	Beneficiary	Name of the Faculty
11	21/12/16	Programme on Digital Banking: A team of State Bank of India, Anand educated the students about the use of net banking. A demonstration was also shown to the students.	85 students' of the college	Ms. Trusha Lad Dr. Mittal Barot
12	25/12/16	A workshop on 'Cashless Transection' at Town hall, Anand	40 students of the college	Ms. Trusha Lad Dr. Mittal Barot
13	11/01/17	Digital Banking Programme: With the help of the team of Indian overseas bank of India, Jol our NSS students taught net banking and cashless service to the villagers of Jol	40 students of the college	Ms. Trusha Lad Dr. Mittal Barot
14	12/01/17	Traffic awareness programme: As a part of Youth Day celebration, this programme was arranged. The traffic police officer of vidyanagar delivered a talk and explained the traffic rules to the students.	60 Students	Ms. Trusha Lad Dr. Mittal Barot
15	20/01/17	Participation of one student in patriotic song competition organized by Bhibhabhai Arts College, Anand	01 Student	Ms. Trusha Lad Dr. Mittal Barot
16	19/01/17	Two NSS Students of our college have been selected for state level republic day parade on 26th January 2017 at V. V. Nagar	02 Students	Ms. Trusha Lad Dr. Mittal Barot
17	22/01/17	Youth day celebration Programme: Five NSS Volunteers attended a workshop organized on youth day celebration by S. P. University and NVPAS college. One student got first prize in drawing competition and one student took part in a debate.	05 Students	Ms. Trusha Lad Dr. Mittal Barot
18	20/02/17	Cleaning Camp at college campus	90 Students	Ms. Trusha Lad Dr. Mittal Barot
19	3/03/17	Vidyanagar Day Celebration programme : Decoration and cleaning of the College campus.	150 students	Ms. Trusha Lad Dr. Mittal Barot
20	8/03/16	Women's Day Celebration Programme..	225 students	Ms. Trusha Lad Dr. Mittal Barot

# ANGANWADI WORKERS' TRAINING CENTER

## ANNUAL REPORT (2016-17)

The A.W.T.C. Started on 2<sup>nd</sup> April 1983. It is recognized (approved) by the Ministry of Education and Social welfare both at the State and Central level, New Delhi (Approved No.4-10/82 TE-AT). New approved no. ICDS-TRN-2006-GOI-22-B dated 13-6-2006

### Training Center Conducted following Training:

- Anganwadi Worker Induction Course
- Anganwadi Worker Job Course
- Anganwadi Worker Refresher Course
- Anganwadi Worker Re-Refresher Course
- Helper Orientation Course
- Helper Refresher Course

### Batch Details: (From 01/04/2016 to 31/3/2017)

Trainees allotted from Anand, Dahod and Gandhinagar District of Gujarat  
No. of Trainees trained by us: (Regular Batch)

Course Name	No. of Batches	No. of Trainees
Job Course	04	131
AWW Refresher	17	671
Helper Orientation	08	378
Helper Refresher	10	481
Total	39	1661

Commissionerate, Women and Child Development,  
ICDS, Gandhinagar Organized  
**Helper Rasoil Training**

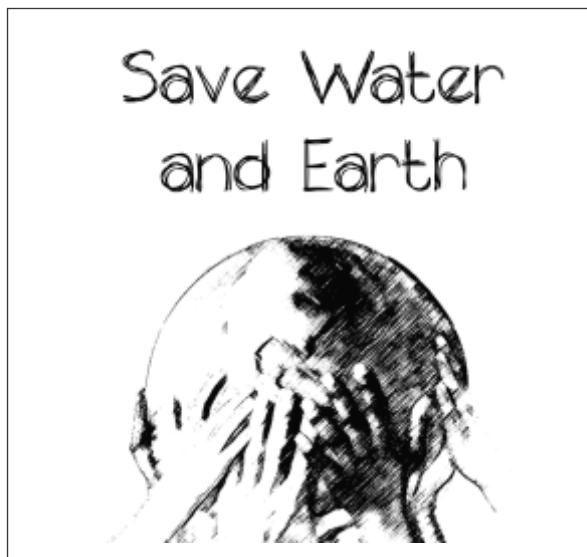
District	Batch	Trainees trained
Anand	8	200
Dahod	12	300
Total	20	500

## Field Visit

As a part of training the all workers/Helpers visit the Anganwadi of specified village of specified Talukas of Anand District. The day before field visit the all trainees given detail information about the work they have to do in field. The trainees were divided into 1:5 as a group.

### Activities to be done by trainees:

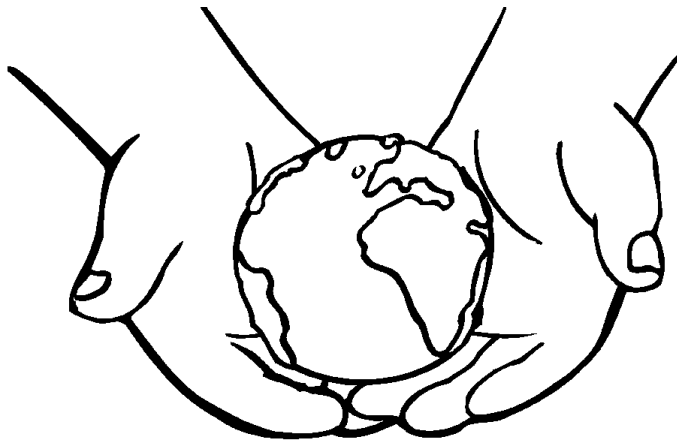
- Pre-school activities during Anganwadi timing like prayer, storytelling, rhymes, etc.
- Weight of 0 to 3 years children from the area and plotting in to growth chart
- Every trainee has to do survey of any 3 houses from the area given
- Every trainee has to do Home visit for beneficiaries of any 3 homes from the area given.
- 25 worker refresher and helper refresher and job courses were organized by the training centre in various villages.
- Infant child home
- Sick child home
- Malnourished child home
- Helper Refresher Course



## Training taken by Instructors during the year 2016-17

Sr. No.	Name	Date and duration	Organized by	Subject	Training programme	Training materials	Training place
1	Parul A. Parmar	11 to 13 January 2016	Unicef	IYCF	Infant and Young Child Feeding Counseling skills	IYCF Module, Flash cards	Gandhi nagar
2	Parul A. Parmar	11th to 13th May 2016	Unicef & WCD	ECCE	Workshop in Gandhinagar	Notepad, pen, folder, zerox material	GNLU, Gandhi nagar
3	Parul A. Parmar	24th to 26th May 2016	Unicef & WCD	ECCE	Workshop in Gandhinagar	-----	GNLU, Gandhi nagar
4	Parul A. Parmar	6th to 8th June 2016	Unicef & WCD	ECCE	Workshop in Gandhinagar	-----	GNLU, Gandhi nagar
5	Parul A. Parmar	16th to 18th June 2016	Unicef & WCD	ECCE	Workshop in Gandhinagar	-----	GNLU, Gandhi nagar
6	Parul A. Parmar	27th June to 1st July 2016	Unicef & WCD	ECCE	TOT Training in Gandhinagar, GNLU	Pen, Folder, Pen drive	Gandhi nagar
7	Parul A. Parmar	3rd to 7th Oct. 2016	NIPCCD, Lucknow	ECCE	SMLTs 2 Phase	File, Pen, CD	Lucknow
8	Disha A. Thakkar	11 to 13 January 2016	Unicef	IYCF	Infant & Young Child Feeding Counseling skills	IYCF Module, Flash cards	Gandhinagar
9	Disha A. Thakkar	4 to 8 April 2016	Dept. of WCD Gujarat, Gandhinagar	Community Participation	Communication, Counselling Skills & Growth Monitoring Promotion	Kit, Module, Game	Vyara, Tapi.
	Parul A. Parmar						
10	Disha A. Thakkar	13 to 21 June 2016	NIPCCD, Indore	Orientation Training	Orientation Training for Trainees of AWTCs / MLTCs /SIIS	CD	Indore

Sr. No.	Name	Date and duration	Organized by	Subject	Training programme	Training materials	Training place
11	Disha A. Thakkar	22nd August 2016	Dept. of WCD Gujarat, Gandhi nagar	All	TOT on sensitivity & Awareness	-----	Gandhi nagar
	Urvashi K. Parmar						
12	Urvashi K. Parmar	2nd to 4th January 2017	NIPCCD, Delhi	Growth Monitoring	Skill Training on Growth Monitoring & Mother & Child Protection Card	Soft copy & Book on Growth Monitoring	New Delhi



**Take Care of the Earth**

## SWEET POTATOES: A WONDER FOOD

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### **Health Benefits of Sweet Potatoes**

Sweet potatoes are surprisingly nutritious vegetable. Sweet potatoes are high in vitamin A, vitamin B5, B6, thiamin, niacin, riboflavin, and due to their orange color, are high in carotenoids. Plus, they're fat-free, relatively low in sodium and have fewer calories than white potatoes – although they do have more sugar. Sweet potatoes are one of the best sources of vitamin A; a large one contains more than 100 percent of the daily recommended intake, according to the U.S. Food and Drug Administration. Vitamin A is an antioxidant powerhouse, and is linked to anti-ageing benefits, cancer prevention and the maintenance of good eyesight, according to the National Institutes of Health.

### **Heart health**

Sweet potatoes are a great source of B6 vitamins, which are brilliant at breaking down homocysteine, a substance that contributes to the hardening of blood vessels and arteries, according to the research. Sweet potatoes' potassium content is also helpful for your heart, as it lowers blood pressure by maintaining fluid balance, as explained by the American Heart Association. Potassium is also an important electrolyte that helps regulate your heartbeat.

### **Controlling blood sugar and maintaining energy**

For as sweet as they are, sweet potatoes have a low glycemic index (which means they release sugar slowly into the bloodstream). "Sweet potatoes – unlike other starchy foods that elevate blood sugar rapidly after [they're consumed] due to their metabolism into sugar – will help steady the levels of blood sugar". This means you won't get blood-sugar spikes, but you will get a steady amount of energy. It has been noted that this regulation occurs even in people with type 2 diabetes.

### **Stress**

According to the research, sweet potatoes contain magnesium, the go-to mineral for distressing. It promotes relaxation, calmness and a good mood, as well as artery, blood, bone, muscle and nerve health.

## **Immunity and anti-inflammatory properties**

"Due to the color-pigmented vitamins, sweet potatoes are high in anti-inflammatory benefits." One sweet potato contains about half of the daily recommended intake of vitamin C. Vitamins A and E also support a healthy immune system and are powerful disease-fighting antioxidants. While orange sweet potatoes contain more vitamin A, purple sweet potatoes are packed with the antioxidant anthocyanin, which is responsible for red, blue and purple colors in fruits and vegetables. Pigment-related antioxidants have anti-inflammatory properties, which are beneficial to overall health and help mitigate inflammatory disorders.

## **Skin and hair**

Vitamin A may help protect against sun damage, according to a study in the journal *Clinical Cancer Research*, vitamins C and E are well-known for their beauty benefits. They encourage healthy, glowing skin and collagen growth.

## **Digestion**

Sweet potatoes are a good source of dietary fiber, which helps the body maintain a healthy digestive tract and regulates digestion.

## **Cancer prevention**

"Orange sweet potatoes have been shown to have anti-carcinogenic properties." As per NIH reports that some studies have suggested that beta-carotene may reduce the risk of breast cancer in premenopausal women and ovarian cancer in postmenopausal women. However, purple sweet potatoes may be even more effective than orange sweet potatoes in staying off cancer. "Purple sweet potatoes have been shown to have better cancer-fighting abilities, with a positive effect on cancer cell growth."

## **Health risks**

If eaten in moderation and prepared in a healthy way (that means not just indulging in sweet potato fries), sweet potatoes are a nutritious, delicious food that should pose no significant health risks. But for a vegetable, they are high in carbohydrates (about 23 grams per medium sweet potato) and calories (about 100 calories). For comparison, one serving of broccoli has about 45 calories.

They may also cause some interesting skin-related side effects. "While there aren't any severe health problems associated with sweet potatoes, they are high in vitamin A, which the body stores." "When levels get too high, you may notice your skin and nails looking a little orange." This side effect should decrease if you cut down on sweet potato consumption. According to the research, people with a history of kidney stones may want to avoid eating too many sweet potatoes, as the vegetable contains oxalate, which contributes to the forming of calcium-oxalate kidney stones.

Thus, it is suggested that we should consume sweet potatoes on regular basis as a part of our diet instead of making them fest foods.

- **Dr. Bhavana Y Chauhan**  
I/c Principal



He plants trees to benefit another generation.



## CREATIVE & CATCHY SLOGANS

Slogans have become an integral component of our daily life. They are powerful words put together to catch the attention of readers and audience for influencing their thinking, behavior and act.

Slogan means phrase that is easy to remember and is used to attract attention. Simple remember and catchy phrases are prepared for special purpose or motto with a view to delivering a message to the public at large.

The functionality & use of slogans can be seen in rallies, campaigns, NSS activities, social work activities, community work, extension work, religious places, commercial places for advertising - marketing & in the out-reach programmes.

Looking at the importance of it, I humbly share some of the best slogans with you compiled-up by me for the last 20 years in the Third Year Practical Classes of our college. All the following slogan are prepared by the final year students of Human Development Department under my guidance & supervision.

### બેટી-દિકરી

૧. કન્યા શિક્ષિત તો દેશ વિકસિત
૨. દિકરી ને આપો સંસ્કાર,  
તો થશે તેની દરકાર
૩. દિકરીનું બનાવો સારૂ જીવન  
તેને આપો સારૂ શિક્ષણ
૪. દિકરી છે અમૂલ્ય ધન,  
તેનું સઉ કરો જતન.
૫. દિકરી નથી સાંપનો ભારો,  
દિકરી છે મા-બાપનો સહારો.
૬. બેટી કો પહલે દો વિદ્યાદાન,  
ફિર કરો ઉસકા કન્યાદાન

### નારી, સી

૭. જયા હોય નારી નું સમ્માન,  
એ ઘર અને સ્વર્ગ સમાન
૮. સ્ત્રી અત્યારયાર ઘટાડો  
સ્ત્રીઓ ને આગળ વધારો.
૯. સ્ત્રીને માન, ઘરની શાન
૧૦. નારી શક્તિ અને મહાન,  
જયા હોય નારીનું માન-સમ્માન.

### બાળક

૧૧. બાળક અને જ્યારે પ્રતિભાશાળી  
તો બનશે તેનું ઉજળું ભાવિ
૧૨. બાળકની રાખો સંભાળ,  
તો  
દેશ અને ખુશ ખુશાલ

૧૩. બાળકને આપો જ્ઞાન,  
ના આપો તેમને કામ.
૧૪. જે શોષણ કરે બાળકનું,  
તે દુશ્મન છે ભારતનું.
૧૫. બાળક દેશનો રતન,  
સઉ કરો તેનું જતન.
૧૬. લોક જાગૃતિ લાવો,  
બાળ-શોષણ અટકાવો.
૧૭. પોષણયુક્ત આહાર અપનાવો,  
બાળકને કુપોષણથી બચાવો.
૧૮. બાળકને રસી મુકાવો,  
બાળ રોગોથી બચાવો.
૧૯. બચ્ચે કમ હી અચ્ચે.

### પોષણ

૨૦. પોષણયુક્ત આહાર અપનાવો,  
બાળકને કુપોષણથી બચાવો.
૨૧. સમતોલ આહાર,  
વિકાસનો આધાર
૨૨. જે ખાય પોષ્ટિક અન્ન,  
તેનું લાગે કામમા મન.
૨૩. પોષણ અને આહાર,  
જીદંગીનો આધાર.
૨૪. તંદુરસ્ત માતા,  
ભાગ્ય વિધાતા.
૨૫. જ્યારે પોષણ અવરોધાય,  
ત્યારે કુપોષણ નોતરાય.
૨૬. શાકભાજી ખાઓ,  
તાજા-માજા થાઓ.

### શિક્ષણ

૨૭. શિક્ષણને લો પામી,  
એ જીવનની ચાવી

૨૮. ઈંટ બિના ચણતર નથી,  
ભણતર બિના ઘડતર નથી.
૨૯. બાળ શિક્ષણ વધારો,  
તો જીવનમાં થાય સુધારો.
૩૦. ધૈર્ય અને સાહસ,  
જીવનમાં લાવે રાહત.
૩૧. ભણ્યા પછી જ દિકરી પરણે,  
તો મોભો વધે, ભવિષ્ય સુધરે.
૩૨. ભણતર, એ જીવનનું ચણતર
૩૩. શિક્ષણ અપને પાસ,  
તો દુનિયા અપને સાથ
૩૪. કન્યા શિક્ષિત,  
તો દેશ વિકસિત.

### વ્યસન

૩૫. વ્યસન ને દો મૂકી,  
જીવન બનાવો સુખી.
૩૬. નશો બગાડે જીવન,  
એને રોકો આજીવન.
૩૭. છોડો-છોડો દારૂ,  
જીવન બનાવો સારૂ
૩૮. નશો છીનવે જીવન આધાર,  
પરિવાર બને નિરાધાર.
૩૯. વ્યસનથી મુક્તિ,  
જીવનમાં ચુસ્તી.
૪૦. ધૂમ્રપાન અટકાવો,  
જિંદગી બચાવો.
૪૧. વ્યસન એક ખતરનાક બિમારી,  
ઘણાને બનાવીદે બિખારી.
૪૨. વ્યસન છોડો, જીવન જોડો
૪૩. તમાકૂ-ગુટકા જે ખાય,  
તેનું જીવન બરબાદ થાય.

## पर्यावरण

४४. साथी हाथ बढाना,  
पर्यावरण को बचाना.  
४५. वृक्षोन्नो जतन,  
तो समृद्ध वतन  
४६. प्रदूषणने अटकावो,  
जिवन सुरक्षित बनावो.  
४७. कुदरती खोतोने बचावो,  
देशने उन्नत बनावो.  
४८. देशनी वस्तीमां करो घटाडो,  
तो पर्यावरणमां थाय सुधारो.

## अन्य

४९. जे करे योग,  
ते रडे निरोग.  
५०. भ्रष्टाचार है विकास मे बाधा,  
काले धन से विकास होता आधा.  
५१. वतन हमारी शान है,  
उसके लिये जान है।  
५२. लोको बनो समान,  
दीकरो दिकरी अेक समान.  
५३. स्वच्छता पर आपो लार,  
सुभ-शांति आवे द्वार.  
५४. बाणकने रसी मुकाओ,  
बाण रोगोथी बचावो.

-Dr. Sharda Joshi  
Associate Professor

## DO NOT LOOK AT SMALL ADVATAGES

Do not be desirous of having things done quickly.  
Do not look at small advantages.  
Desire to have things done quickly.  
Prevents their being done thoroughly.  
Looking at small advantages  
Prevents great affairs from being achieved.

-Aakansha Gupta  
T. Y. FSQC

## THINKING-MAKES MIRACLES

Nothing is good or bad but thinking makes it so. Your behavior largely depends on what you believe. Your mind directs your actions. What you do is a direct manifestation of your thinking. You can control your mental activities. Nothing has any meaning except the meaning you give. Your belief delivers a direct command to your nervous system and you act accordingly.

*If you think you are beaten, you are.  
If you think you dare not, you don't!  
If you like to win, but think you can't,  
It's almost certain you won't,  
If you think you'll lose, you're lost;  
For out in the world we find  
Success begins with a fellow's will;  
it's all in the state of mind.  
If you think you are outclassed, you are,  
You've got to think high to rise,  
You've got to be sure of yourself before  
You can ever win a prize.  
Life's battles don't always go  
To the stronger and faster man,  
But sooner or later the man who wins  
Is the man who thinks he can.*

Remember that you can control your brain, it doesn't need to control you. Think of your maximum potential and caliber all the time. Kill your negative traits, fears and frustrations. This will help you in achieving higher goals & live a successful life.

If you succeed, it will become easier for your to believe that you can succeed again. Your past success reiterates your faith in future. Success breeds on success and generates more success. This further strengthens one's belief in achieving success.

"The ancestor of every action is a thought." So said Ralph Waldo Emerson. You can change your behavior by changing your mental state.

You can control your brain power & write your future by framing new and powerful beliefs (Thinking). Your beliefs can make miracles happen for you.

**-Dr. Sharda Joshi**  
Associate Professor

## NUTRACEUTICALS

The word nutraceutical was coined in 1989 by De Felice. Foundation of Innovation in Medicine defined nutraceutical as "Any Substance that may be considered as food or part of food & provides medical & health benefits, including the prevention & treatment of disease".

The word "nutraceutical" combines "nutrition" and "pharmaceuticals" to mean that food extracts can be used as preventive drugs or food supplements. Nutraceuticals are classified based on chemical nature, food source, amount of Nutraceuticals substance & mechanism of action. Nutraceuticals give health benefits by anti-cancer agent & influencing positively on blood lipid profile. They also have antioxidant activity & they are anti-inflammatory. They are also bone protective by increasing the action of oestrogen.

Biologically active compounds of plant origin are known as "phytochemicals". Most of them exhibit their activity as antioxidant detoxifying agents or simply by physico-chemical means in the case of dietary fibers. Phytochemicals are nutraceuticals. A single vegetable or fruit might contain hundreds of these phytochemicals.

The major phytonutrients identified to have nutraceutical properties include; isoprenoids, polyphenolics, glucosinolates & phytosterols. They act as antioxidants, fight viruses & bacteria, reduce inflammation, suppress tumor growth, lower cholesterol, relax blood vessels & boost the immune system.

**Isoprenoids** represents the largest class of phytonutrients lycopene, Carotene, Beta-Carotene, lutein, Zeaxanthin etc. are carotene terpenoids. Terpens act as antioxidants. Carotenoids & limonoids are the two major terpene sub classes.

**Carotenoids** are plant pigment that give many fruit & vegetable their vibrant colour. Green, Yellow, Orange & Red coloured vegetables and fruits are the most important source of Carotenoids in human diet. Carotenoids. are powerful antioxidants Beta-carotene acts as a chain breaking antioxidants. Carotenoids help offset the damage done by oxidation & prevent cancer, heart disease, muscular degeneration & accelerated ageing.

**Limonoids** acts as antioxidant protecting lung tissues from free oxygen. It acts as chemo preventive agents that induce enzymes in the liver phase I & II enzyme detoxification system. This system detoxifies carcinogens by making them more water soluble for excretion from the body. Citrus peel can act as nutraceutical supplying limonoids.

**Polyphenolics:** These phytochemicals include the subclass flavonoids. Anthocyanins, catechins, isoflavones, hesperetin, rutin, tannins & quercetin belongs to flavonoid phenolics. Grape juice & Red wine are good sources. Apple, Chocolates & tea are good source of flavonoids. Flavonoid scavenges free radical compounds.

-Ms. Tanvi D. Makwana  
Assistant Professor

## PATIENCE

Why am I so impatient Lord,  
when you tell me I must learn to wait?  
You have a perfect plan for me,  
for my life is not left up to fate!

Please teach Lord,  
to take my time and not get in a hurry;  
If I will learn to wait on you,  
I'll not be filled with anxiety and worry.

When I let myself get ahead of you,  
that time and patience is all It takes.

Then everything falls into place and all will work out fine; I know  
I need your hand on me to help keep me in line.

I need to learn to walk behind and let you lead the way;  
For if I'll learn to follow you, you'll never let me go astray.  
Patience Lord is what I need, to learn more of, from you;  
So teach me Lord, how to wait and listen to Your Voice, too!

-Keya Patel  
TY FSQC

## PERFECTION

Many people take pride in being perfectionists. However, are they really perfectionists, in the true sense? Let's look more deeply; People who think they are perfectionists are constantly finding flaws and errors that other people have overlooked. If there are many aspects of a job that was well done and one that was not, then a perfectionist will point out that one, isn't it? But here is the surprise – these people are actually all imperfectionists. Why? Because if they were perfectionists, they would have found perfection everywhere they looked – for a perfectionist looks for perfection. Instead, since they only see imperfection, they are obviously imperfectionists.

Now that all you perfectionists reading this have got a blow in the belly, it's time to understand that perfectionism is one of the biggest causes of unhappiness today. It has become a serious (and often painful) problem for many people and the sad part is that perfectionism is not at all required to live a happy life. Why? Because trying to be perfect often prevents us from actually doing the things we want to do and we keep ourselves busy in perfecting what is incorrect in life. So we end up spending hours every day in 'perfecting' our drawing rooms, wardrobes, work desks, our job reports, etc. while neglecting our family and other work of individual importance.

No doubt perfectionists have good intentions. But they have an ineffective attitude since there is no such thing as perfect. One, who decides what is perfect? Two, even if there is someone to decide for you, how are you sure that his/her decision is perfect? So, their pursuit for perfection is a myth and an absolute time waster and energy drencher. If you are having regular mood disorders or are habitually giving yourself intense self-criticism, or are constantly focusing on your mistakes, you are definitely caught up in the trap of perfectionism and it's time to change paradigms.

You need to understand how to accept and enjoy the imperfect YOU and this imperfect world. It's important to change your eyes and understanding towards the concept of perfectionism so that you happily agree that this world and this life is as perfect as it should be.

But on the onset, be cautioned that when you start awakening to the fact that “All's right with the World”, you will up against a truckload of skeptics who will challenge your absurd thinking. However, for becoming happier person, you have to go beyond the opinions of this unhappy society that still believes that this is a man-made world.

Remember, the only standard of perfection you have to meet is to be perfectly yourself.

**-Shubhangi Verma**  
TY FSQC

## FAIRNESS CREAMS AND ITS HAZARDOUS SIDE EFFECTS

Fairness creams are going to be an inevitable part of our daily life until there is a change in the perception of the people about fair skin and beauty. Nowadays, many beauty experts are trying to create awareness that a healthy and flawless skin with an even tone will make the perfect skin. But, it will take a long time for all those fair skin freaks to accept this reality. Most creams sold in the market are a dangerous cocktail of compounds like steroids, and hydroquinone, the long term use of which can lead to lethal health concerns like permanent pigmentation, skin cancer, liver damage, mercury poisoning and others.

Sudden side effects of fairness creams will appear shortly after the application of the cream, whereas long-term effects will be seen over time due to constant use. Knowing the harmful effects of fairness creams will help you decide whether it is a healthy option for your skin. Here we may go through some of the most common fairness creams side effects.

**Itching:** Itching is one of the common harmful effects of fairness creams. This usually occurs shortly after the application of the cream. It is advised to wash the skin with cold water if you experience any type of skin irritations.

**Allergy:** There are chances that you are allergic to one or more chemicals used in the fairness creams. This will lead to skin irritations, redness, itching and in serious cases, it will lead to edema. Always make sure that the cream is free of any allergic substance.

**Skin cancer:** Constant use of fairness creams is one of the reasons for skin cancer. It is important to use only creams of high quality. Some chemicals used in fairness creams are found to be cancerous. Creams with hydroquinone, mercury or steroid-based skin lighteners should be avoided.

**Dry skin:** If you are not smart enough to find out the right cream for your skin, it will end up in dry skin and flakes. Before buying fairness cream, understand your skin type and select a cream that matches your requirement.

**Pimples:** If you use creams that are too oily, there are chances for the skin pores to get clogged. This will in turn lead to formation of pimples. This is



one of the annoying harmful effects of fairness creams as it will leave extra marks and scars on your face.

**Photo-sensitivity:** Continuous use of fairness creams will make your skin sensitive to sunlight. This will result in sun burn, blisters and pigmentation. Remember that overdoing is definitely harmful while using fairness creams.

It is always recommended to have a trial test on a small portion of the skin, like behind the ears, before applying fairness creams directly on the face. Remember that opting for natural remedies will be the best choice for a healthy and beautiful skin.

**-Trusha lad**  
(Associate Professor)

## SMILING IS INFECTIOUS

Smiling is infectious  
you catch it like the flu.  
When someone smiled at me today,  
I started smiling too.  
I passed around the corner,  
and someone saw my grin;  
when she smiled I realized,  
I'd passed it on to her.  
I thought about that smile,  
then I realized its worth,  
A single smile, just like mine,  
Could travel round the earth.  
So, if you feel a smile begin,  
don't leave it undetected;  
Let's start an epidemic quick  
and get the world infected!

**-Dhvani Paresh**  
S. Y. FN

## MY ROLE MODEL

---

My role model is Krishna Nair. She is a good helpful, loving understanding in nature. She is such a person who says no to any work. I love talking to her and she is down to earth person who helps and understand me in every situation.

She has completed her B.Sc. Degree in the second class and compelling B.ed which act as on beneficial factor in her life. It is an professional degree where she can get a government job. She is doing this course to pursue her dream and she has planned to open an institute where she can give employment of thousand of teachers, who are in seek of job.

Other than B.ed. she has several other knowledge on various topics which act as beneficiary factory in this competitive market. The things why I take as she is the girl who takes equal interest in all kind of field according to her "Knowledge can be received as any point of time at any age." She never show off her knowledge, it is what are her work says.

Last but not the least she is social and jovial nature person who likes mingling with people at any point of time. I am lucky to find her at my hostel and would love to be in contact with her in the near future.

**-Shamim Y. Kalaniya**  
F.Y. B.Sc.

## PURPOSE

---

God, what is my purpose in life?

You must first talk to your brother and sister beings.

Sister flower, what is my purpose in life?

Well, that is easy; you are here to admire my beauty.

And my pleasant fragrance.

Brother Rain, what is my purpose in life?

You are to dance underneath my uproars.

Brother Sun, what is my purpose in life?

You are to the one who enjoys the warmth of my glow.

On your back on a summer day.

God, I have asked my brother & sister beings

what my purpose in life is

They all told me pointless things that are meaningless to me.

There you are wrong, my son.

If there were no you, then there would be no one

to enjoy there little things,

And therefore, giving your brother and sister beings no purpose in life.

So your purpose in life is to enjoy every little second of it that you can.

Be it big or small.

-Binal M. Patel

S. Y. FN

## POETRY FOR LIFE

---

### The five vital approaches

1. Teach it like it's alive.
2. Bring it home.
3. Transport it.
4. Paint it in the public square.
5. Take it to work.

-Sanam A Patel

F. Y. B.Sc.

**MOM,  
I WILL KEEP YOU IN MY MIND'S HEIGHT**

---

When there was darkness around me,  
You showed the light and dispelled it.  
When puzzles benumbed my helpless Mind,  
You solved them with your magic-wand.  
When gales assailed my peace of life,  
You led me smoothly out of strife.  
When I tossed on sleepless sight,  
You caressed me on umpteen nights.  
When nightmares tended to scare me out,  
You came as an angel to save my guts.  
When I drowned in the sea of thoughts,  
You restored me from getting distraught.  
When I wandered in the barren desert,  
You showed me the much-needed oasis.  
Wherever I was in dire straits,  
You were there to raise me to heights.  
But why did leave me one day?  
That I can't fathom till today.  
Even though you vanished out of sight,  
Dear Mum, I will keep you in my mind's height.

**-Ishwaki Patel**  
T. Y. FN

## INSPIRING THOUGHTS

- Simplicity is the ultimate sophistication  
*-Leonardo Da Vinci*
  - Too many people spend money they haven't earned to buy things they don't want; to impress people they don't like  
*-Will Rogers*
  - We seldom repent having eaten too little.  
*-Author unknown*
  - Maintaining a complicated life is a great way to avoid changing  
*-Elaine St. James*
  - Any intelligent fool can make things bigger, more complex and more violent. It takes a touch of genius- and a lot of courage to move in the opposite direction.  
*-E. F. Sehumacker*
  - The sculptor produces a beautiful statue by chipping away such parts of the marble block as are not needed- it is a process of elimination.  
*-Elbert Hubbard*
  - It is not a daily increase, but a daily decrease. Hack away at the inessentials.  
*-Bruce lee*
  - Beware the barrenness of a busy life.  
*-Socrates*
- Radha Sista**  
T. Y. FSQC

## YOUR DIET YOUR HEALTH

Nutrition is essential not only for life, but for a healthy life. We have heard the old Saying " You are what you eat". And it's still true, if you stick to a healthy diet full of vitamins & minerals, your body reflects it. You feel healthy, energized & just all-around great. However, people who limit their diet to junk foods will suffer the consequences of not giving their bodies what they need to thrive. The result is not only fatigue & low energy, but poor health as well. What your body needs? "Food is essential. Every little thing that happens to you is because of the nutrients that you give to your body. You need food not just to sustain health, but to feel better". The only way the body will get nutrients needed to stay healthy & function is by eating a wide variety of healthy foods.

**-Remi Patel**  
T. Y. FSQC

## CHEER SONG

Cheer Cheer for our college today,  
wake up your spirit and get into fight,  
come on all you Home Scientists,  
Get united and help our lady lions out.

We never waiver, we never fall,  
we never let our team get the foul,  
come on all you Home Scientists,  
Get united and help our lady lions out  
Go lady lions.....

**-Shruti Patel**  
F. Y. B.Sc.

## TEACHER

---

It takes a special person  
To teach a child in class  
To just keep their attention  
In a world that moves so fast  
To show a child he is unique  
with his talent's deep inside  
To help to build his confidence  
so he can become with pride.

To show a little patience  
For a child whose lost his way  
To a child who feels abandoned  
who has seen better days.

To inspire and to motivate  
so a child can learn and grow  
To go into his big wide world  
That has its highs and lows

You are a special person  
You always gives your best  
And for every child who has your class  
Their life is truly blessed.



-Anon

**-Krupa M Suthar**  
F. Y. B.Sc.

## DIGITAL INDIA

Digital India Ek Nara Hain  
Hindustan Hamara Hain  
Ek Nayi Kranti Layenge  
Ghar Ghar Fiber Pahuchayenge....

Aaj Sookhna ki Bharmar Hain  
Jo Padhne Insaan Ki Taqqat Hain  
Jis Oar Bhi Hum Aaj Jayen  
Smart phon Hum Har Haat Mein Payenge...

App Ka Aaj Bolbala Hain  
Har Koi Iska Lala Hain  
Gar Chahe Tum Issey Padh Lo  
Na Chaho To Gaana Sun Lo

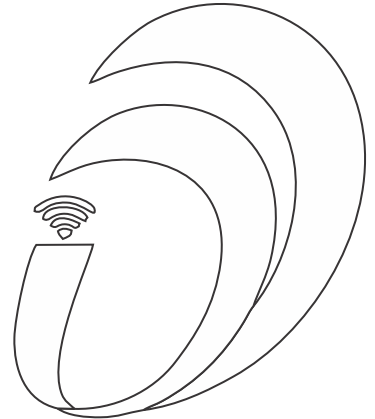
Digital India Ki Toh Shuruaat Hain  
Har Sewa Ki Ismein Baat Hain  
Pan Passport Ya Company Kholo  
Jo Chahe Tum Issay Karlo...

Dekho Vishwa Pattal Par  
Hindustan Ko Chamkana Hain  
Digital India Ke Madhyam Se  
Hindustan Ko Viksit Banana Hain...  
Hindustan Ko Viksit Banana Hain...

-Surya Praksh Arya

**-Payal Meghani**

F. Y. B.Sc.





## WORK IS WORSHIP

Work is worship,  
Says the days that have leaped;  
As we sowed,  
So we have reaped.

We've reaped love,  
From this lovely land;  
Ploughed it with perseverance,  
Holding each other's hand.

Reflections of ourselves  
In each other we saw;  
We saw this place,  
From woods to concrete grow.

Our daydreams,  
Had many colors;  
The happiness we shared,  
Like the fragrance from flowers  
New ideas, new ways,  
We've acquired with zeal;  
New techniques, new thoughts.  
In this ordeal.

The nook & corner of this place  
Reverberate in our heart;  
The time we spent together,  
And found it difficult to part.

Now, the time has come,  
To wave goodbye,  
And to embrace each other,  
Refreshing the days gone by.

But a promise we have made,  
At this final frontier we have learned,  
That, work is worship.



**-Dhruvi Shah**  
F. Y. B.Sc.

## MY CHILDHOOD

My childhood was the time when I was innocent...  
when the world seemed to be fair...  
when my universe was around my toys.

My childhood was the time when I lived in dreams...  
when everyone was selfless...  
when everyone appeared to be a friend.

My childhood was the time when my life was full of colours  
when sorrows never knocked my door.  
When smile was gift presented to everyone.

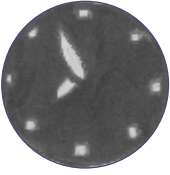
My childhood was the time when love was pure...  
When there were no obligations...  
when tenderness prevailed.

My childhood was the time which is long gone...  
tears flow from my eyes when I go back in my childhood...  
my childhood will never come back but...  
the child in me will never go.

**-Dhruvi Shah**  
F. Y. B.Sc.



## GOOD STUDY HABITS



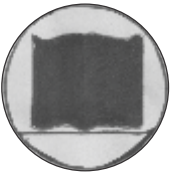
Set aside a regular time and place to study.



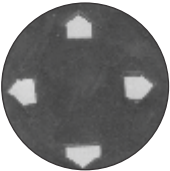
Concentrate! Cut out distractions.  
Take a short break now and then.



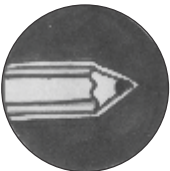
In math and science the first step  
is to understand the problem.  
What is given? What is wanted?



While reading textbooks, look for the main  
thoughts in each paragraph and chapter.



Get additional information from  
outside sources. Other book,  
magazines, people etc.



Rewrite the important ideas in  
your own words.  
Remember them.

**-Riya A. Patel**  
F. Y. B.Sc.



## સમય

તમે રાહ જુઓ ત્યારે તે ધીમો હોય છે.  
તમે જ્યારે મોડા હોય ત્યારે તે ઝડપી થાય છે.  
તમે જ્યારે દુઃખી હોય ત્યારે તે પીડા દાયક હોય છે.  
તમે જ્યારે સુખી હોય ત્યારે તે ટૂંકો હોય છે.  
તમે જ્યારે પીડામાં હોય ત્યારે અખૂટ હોય છે.  
જીવનમાં ઘણી વાર સમય તમારી લાગણીઓ અને  
તમારી મનો સ્થિતિ દ્વારા નક્કી થતો હોય છે.  
આથી જ હંમેશા ખુશ રહો, તમારો સમય સારો છે.  
એવું સતત માનતા રહો, અનુભવાતા રહો!

**-Sneha S. Gosavi**  
T.Y. HD

## क्या हम आजाद हैं ?

सदिया हमने सही गुलामी  
देकर असंख्य कुर्बानी

बड़ी मुश्किल से पायी आजादी  
पर क्या हम आजाद हैं ?

आम आदमी आजभी दर दर भटकता,  
छोटे छोटे कामों में उलझा फिरता

ना कोई सुननेवाला है, ना कोई देखनेवाला  
हर तरफ भ्रष्टाचार है, घूस का सब कारोबार है

घोषणाएं हर पल होती, पर कभी ना अमल होती हैं  
चोर-उच्चके बने हैं नेता उनकी ही सरकार है

मर्यादा का ना कोई सरोकार है, दररोज मासूम कत्ल है होते  
रोज का कारोबार है पर नेताओं की ना कोई सरोकार है

हम मौत पे राजनीत है, क्या हम आजाद हैं ?

रोज बहूए जल रही है, अजन्मी कलिया मर रही हैं.

नारी का बाहर निकलना दुशवार है

हर चौक पे खडे अस्मत के लुंटेरे, ये कैसा व्यवहार है  
कहने की तो नारी शक्ति, पर वो भी लाचार है, क्या हम आजाद हैं ?

हाथ में डिग्रीया है लेकिन काम मिलना दुशवार है

हर जगह घूस, सिफारिश से ही सरोकार है

घर का राजा बने भिखारी फिरते सड़को पर और लाचार है

लाचार है क्या हम आजाद हैं ?

-Rina Mori  
T.Y. FN

## “ દિકરી મારી વ્હાલનો દરિયો ”

“દિકરી” ત્રણ અક્ષરનો શબ્દ જે વાંચવામાં કેટલો નાનો લાગે. પણ આ ત્રણ અક્ષરના શબ્દને દુનિયામાં આજ સુધી ભગવાન પણ સમજી શક્યા નથી. એક દિકરીનાં જ્યારે જન્મ થાય છે. ત્યારે કેટલાક ઘરમાં લોકો ને જાણે તેમના ઘરે દેવી કે માતાજી પોતે પધાર્યા તેને ઘરની લક્ષ્મી માને અને કેટલાક ઘરમાં તેને આ ઘરતી નો મોટામાં મોટો “બોજ” માને જ્યારે એક દિકરી ઘરની સૌથી માનીતી લાડકી હોય ત્યારે તે ક્યારે મોટી થઈ જાય તેની ઘરમાં કોઈને ખબર પડતી નથી એ જ્યારે નાની હોય ત્યારે તેના નાજુક કોમળ નાના-નાના પગથી ફર્યા કરે, દાદા-દાદીની સાથે ફરવા જાય પપ્પા આવે ત્યારે દોડી ને તેમનાં ખોળામાં ચઢી જાય. મમ્મી ને જાણે તેનું રમકડું હોય તેમ છોડે જ નહિ. દિકરી જ્યારે બોલતી થાય ત્યારે તે “માં” શબ્દ પહેલા બોલે છે.

ઘરમાં દોડતી-દોડતી, તેના મધૂર અવાજ બોલાવતી નખરા કરતી તે દિકરી ક્યારે મોટી થઈ જાય તેના મમ્મી -પપ્પાને પણ ખબર હોતી નથી. જ્યારે દિકરી ૧૫-૧૬ વર્ષની થાય ત્યારે આ દુનિયાની તેને ખબર પડવા લાગે છે. તેના મમ્મી -પપ્પાને પણ તેને દુનિયાદારી શીખવતા હોય છે. તો ક્યારેક તે પોતાના ખુદના અનુભવોથી જ ઘણુબધું શીખી લે છે, જ્યારે નાની હોય ત્યારેના શીખવ્યુ હોય તેનાથી ચાર ગણું શીખવી દે છે.

કુદરત પણ અજબ છે. તેને આ દુનિયામાં સૌથી સારું સ્વરૂપ, મૂર્તિ, મનુષ્ય કે પછી તેને એક પ્રાણી કહો તો તે દિકરી છે એક દિકરી જ્યારે છોકરીનો અવતાર લે છે ત્યારે તે માત્ર કોઈના ઘરનું સ્વભિમાન , સ્વપ્ન કોઈનું અભિમાન, કોઈનું ગર્વ તો કોઈનું સોના કરતા પણ કેટલાય ઘણો આણમોલ ટુકડો હોય છે. પણ દિકરી મોટી થઈને પત્ની, માતા, ભાભી, નાણંદ સાસુ કેટલાય સ્વરૂપ બની જાય છે. જેની કોઈ જ સીમા નથી હોતી. જ્યારે દિકરી ભણી-ગણીને મોટી થાય ત્યારે દરેક માતા-પિતાની એક જ ઈચ્છા કે સ્વપ્ન હોય છે કે આ દુનિયામાં અમારાથી પણ વધારે પ્રેમ કરતો વ્યક્તિ કે કુટુંબ મળે પણ તે લગભગ તો અસંભવ છે.

એક દિકરી માટે તેનું બધુ જ તેના માતા-પિતા તેનું પરિવાર છે જ્યારે દિકરીના લગ્ન લેવાય ત્યારે તેના માતા-પિતા દિલથી ખુશ હોય પણ કોઈને ખબર ન પડે તેમ ખૂણામાં જઈને રોતા હોય છે. કારણ કે તેના પિતાને ખબર છે એ હવે નાનામા-નાની વસ્તુની જીદ કરનારી નહિ હોય , નાની નાની વાતોમાં ગુસ્સો કરનારી ક્યારેક ક્યારેક રુઠિ જતી રાત્રે મોડા આવે તો તેમના માટે જાગતી તેમને કઈ થયું હોય તો સૌથી વધારે રડતી દુઃખમાં સહારો બનતી આ દિકરી હવે તેમની નહિ પણ બીજાની થઈ જશે.

મમ્મી તને જાણે તેનું જીવન કોઈ છીનવી લેતુ હોય તથા તેનાં વહાલનો દરિયો કોઈ તેનાથી કેટલૂય દુર લઈ જતુ હોય તેમ તેની આંખમાંથી આંસુ બંધ જ થતા નથી હોતા કહેવાય છે કે દિકરી બે કુળ ને તારે છે. જ્યારે એ દિકરી કોઈના ઘરની પત્ની વહુ થઈ જાય ત્યારે તેને કહેવાય છે કે તેનું ઘર હવે તે નહિ જ્યા તેનું

બાળપણ વીત્યું, જ્યાં તે મોટી થઈ, સુખઃ દુખના પળ વિતાવ્યા હતા તે ઘર તેનું પારકું થઈ જાય અને જે ઘરમાં કોઈને ઓળખતી નથી, જ્યાં તે રહિ પણ નથી ત્યાં તેનું પોતાનું કોઈ નથી તે ઘર તેનું થઈ જાય છે આમ તો ભગવાન આ દુનિયામાં સૌથી મોટા ગદાર કહેવાય એવું ક્યારેક ક્યારેક લાગે કારણ કે જેમને દિકરીને તેના માતા-પિતા તેના પરિવારથી તેને દુર કરી દે છે જ્યારે દિકરીના લગ્ન થવાના હોય ત્યારે તેના પરિવારથી તેને પિતાને ખબર છે કે એક ઘોડા ઉપર બેસીને માણસ આવશે જે તેમના આ વહાલના ટુકડાને તેમનાથી ચોરીને ક્યાંય દુર લઈ જશે પણ તે પિતા મજબુર હોય છે. તે દિકરીને હસતા હસતા તે માણસને સોપી દે છે ત્યારે એવું લાગે જાણે ભગવાને પોતાની થાળીમાં પીરસવા ખોરાકમાંથી હાથમાં લીધેલ તૈયાર કોડિયો છીનવી લીધો હોય.

જ્યારે દિકરી વિદાય થાય ત્યારે આ દિકરી તેના પિતાને ભેટીને પોતાના દિલથી બધી જ લાગણી વ્યક્તિ કરી દે છે. કારણ કે તેને ખબર છે હવે આ ખભો તેને બીજી વાર હવે નહિ મળે તે દિકરી તેના પિતાને જતા-જતા કહે છે તમારુ ધ્યાન રાખજો, ઘરે વહેલા આવજો, મમ્મી ઉપર ગુસ્સો ન કરતા હું તમને મળવા જલ્દી આવીશ. તેની મમ્મીને કહે કે મમ્મી મારા જવાથી તુ ક્યારેય એકલી નહિ પડીશ જ્યારે તને મારી યાદ આવે ત્યારે તુ બોલાવે ત્યારે હુ દોડીને તારી પાસે આવી જઈશ કઈ પણ દુઃખ કે વાત હોય તુ મને બે જીજીક કહિ દે જે તેના વ્હાલા ભાઈઓ ને કહે છે કે તમારી સાથે ઝઘડતી બેન હવે જતી રહે છે તમારે મમ્મી -પપ્પાનું હંમેશા ધ્યાન રાખવાનું છે ભાઈલાઓની સાથે લડતી ઝઘડતી બહેન પપ્પાનો દિલનો ટુકડો અને મમ્મીનો વ્હાલનો દરિયો જતી રહે છે દિકરીના માતા-પિતા તેને રોકી શક્તા નથી. અને દિકરી વિદાયના આંસુ, તો તેમને રોકિ દિધા પણ આ સીમા, મઢ, ઘર, ફળિયુ અને ગાય-ભેંસ જાણે હુમા ભરીને તેને પોકારે છે.

**-Hemlata Sindha**  
S.Y. HD

## एक कदम स्वच्छता की ओर

स्वच्छता है एक बड़ा अभियान,  
आपभी अपना दे योगदान  
स्वच्छता अपनाओ,  
समाज में खुशिया लाओ  
स्वच्छता का कर्म अपनाओ,  
उसे अपना धर्म बनाओ  
देशमें विकास आयेगा,  
जब हर व्यक्ति स्वच्छता अपनायेगा,  
सभी रोगों की बस एक दवाई,  
घर में रखो साफ सफाई,  
जहाँ है सफाई, वहाँ है पढ़ाई,  
हर व्यक्ति का यही पुरस्कार,  
स्वच्छ देश हो अपना यार,  
गांधीजी का था यही ईरादा,  
स्वच्छ हो देश हमारा,  
गांधीजी ने दिया संदेश,  
स्वच्छ रखो भारत देश,  
बच्चे बुढ़े का यही है कहना,  
गंदगी में कभी न रहना,  
आओ मिलकर करे यह काम,  
स्वच्छता का चलाये अभियान,

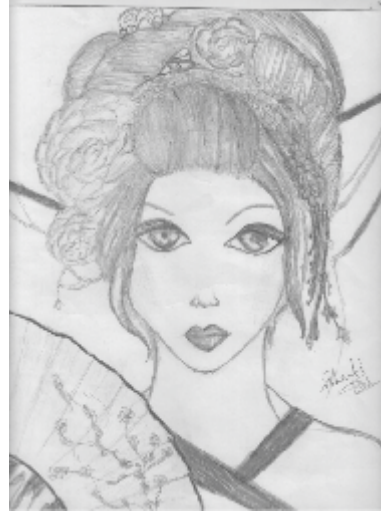


अब सबको जगाना है,  
गंदगी को दूर करना है,  
विकसीत राष्ट्रकी है कल्पना,  
अब हमें है स्वच्छ बनाना,  
स्वच्छता अपनाओ,  
अपने घर को स्वच्छ बनाओ,  
घर-समाजको रखो साफ,  
भविष्य नहीं करेगा वरना माफ,  
तभी आयेगा नया सबेरा,  
जब होगा साफ सुथरा समाज हमारा,  
अपना देश भी साफ हौं  
इसमें हम सबका हाथ हो  
सभी लोग करो गुणगान  
गंदगी से होगा सबको नुकसान

Taruna Baria  
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